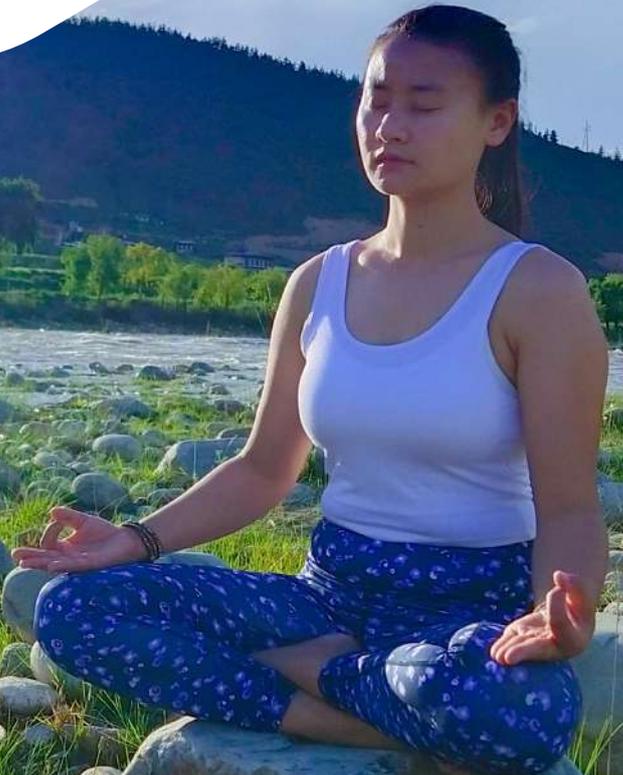


Brochure for Organizations

Yoga Yangchen



Happy and healthy employees are productive employees!!!

Long hours sitting in front of a computer, taking phone calls and emailing can cause muscle pain, back pain, weight gain, work stress and more. As more and more organizations understand the impact of employees' health on the companies' performance, there are steadily more employers who have integrated different physical activities into their corporate wellness programs. Having long proven to provide many mental and physical benefits, yoga and meditation increasingly are finding their way into the workplace. Leading successful companies like Apple, Google, and Forbes have introduced yoga and meditation into their corporate wellness programs and have reaped benefits like improved productivity and increased employee motivation.



Benefits of **yoga**

- 🌸 Increases flexibility
- 🌸 Reduces weight
- 🌸 Improves balance
- 🌸 Increases muscle strength and tone
- 🌸 Reduces stress
- 🌸 Improves immune system



Benefits of **meditation**

- 🌸 Increases self-awareness
- 🌸 Reduces stress
- 🌸 Improves sleep quality
- 🌸 Increases patience and tolerance
- 🌸 Reduces negative emotions
- 🌸 Improves concentration



Packages and Pricing

A package consists of a combination of several elements:

- 🌸 Number of employees participating
- 🌸 Number of classes a week
- 🌸 Choice of yoga, meditation, or a combination of both (recommended)

The pricing of your organization's package depends on your requirements. I will gladly visit you at your office location to discuss all the options, and to give you a quote for your preferred package.

Duration, Location and Times

Each class is 60 minutes.

For the convenience of your employees the classes will be given in a suitable space at your office location at the end of their working day. Depending on my availability classes can be given from Monday to Saturday.



About Yoga Yangchen

Yoga Yangchen offers yoga and meditation practice for body, mind and spirit. As an internationally certified teacher I help improve people's well-being. With a wide range of yoga styles and meditation techniques to choose from there is something suitable for everyone. Old or young, beginner or intermediate, male or female, physically fit or not. Anyone can join the practice and improve their well-being.

Connect



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