



**TRANSFORM YOUR OFFICE BY REDUCING STRESS
AND INCREASING WELLNESS WITH YOGA!**

Join the growing number of companies and organizations embracing Yoga in the office environment as a cost-effective employee retention strategy. Recent research indicates, organizations that offer Yoga and Wellness programs to their employees reduce their annual health insurance premiums, thereby improving their bottom line. Bringing Yoga to the workplace will help relieve stress and prevent injury, build camaraderie, and increase the health and well being of participants. Having happy, healthy employees increases productivity and reduces absenteeism!

- ❖ Yoga Oceanside will provide fully insured, experienced and professional Yoga teachers at your place of business.
- ❖ Yoga classes are designed for all fitness and experience levels... beginners through advanced.
- ❖ Classes can be 30, 45, 60, or 75 minutes in length and are arranged to fit your schedule.
- ❖ Yoga Oceanside offers classes at your site weekly, bi-monthly, or monthly.
- ❖ Included in the instruction are physical exercises, as well as breathing and relaxation techniques. Stress release is an important component of the yoga practice and helps prevent illness. Yoga exercises increase energy and vitality, while deepening levels of concentration.

FEES FOR WEEKLY CLASSES	
30 minute class	\$ 95
45 minute class	\$ 125
60 minute class	\$ 150
75 minute class	\$ 175

**Contact us and we will gladly make a site visit to discuss the details
and design a custom program for you.**

760-722-YOGA (9642)

www.YogaOceanside.com