

# Workplace Yoga

## Day & Time

Scheduling is flexible. Call or email me to discuss.

## Location

At your workplace - in your onsite gym or any room big enough. Staff members only need a yoga mat. I bring other props as needed.

## Pricing

Workplace yoga can be paid by the employee or the employer.

If the employees are paying, price is \$10 per person per class, payable by check or cash (regular yoga classes in the area cost up to \$18 per person per class).

If the employer is paying - please **call me** to discuss pricing.

## Why?

It is difficult to find time to get to the gym or the yoga studio these days. People are so busy and trying to find a work-life balance is not easy. I will come to you! Let your staff members take an hour break to "get their Zen on" and they will be more productive and de-stressed as they go back to work or head home.

A recent study in the journal *Occupational Medicine* concluded that "workplace yoga intervention can reduce perceived stress and back pain and improve psychological well-being."

Classes are customized for your staff's needs. I am qualified to teach gentle, all levels of vinyasa flow, yin, chair, restorative, hatha, or combo classes. I combine traditional yoga poses with relaxation techniques, like breathing and meditation.

I also offer **30-60 minute workplace wellness seminars** in breath awareness, guided meditations, stretches you can do at your desk, the negative effects of stress, setting healthy goals, etc. Contact me for more information.



## Christy R. Newsome, E-RYT200, RYT500 Certification in Yoga Therapy

Registered through Yoga Alliance  
Member IAYT

200 hour: Peachtree Yoga Center  
300 hour & YT: Etowah Valley Yoga  
17 years as director of technology at an  
Atlanta area private school  
References Available

CPR-AED Certified ~ Insured

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