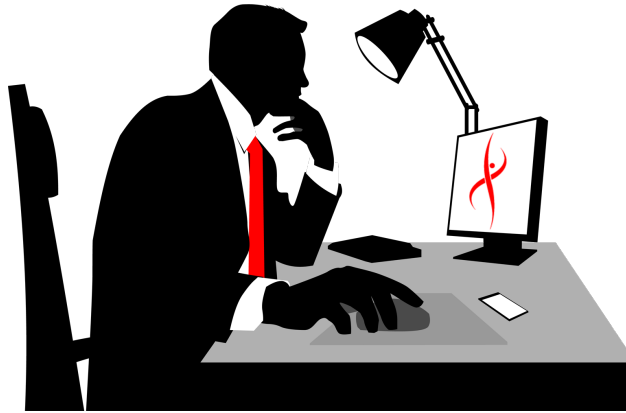


# CORPORATE YOGA SOLUTIONS

## GROUP PACKAGES AND SERVICES

INCREASE PRODUCTIVITY, MORALE AND PROFITS!  
It's a WIN-WIN-WIN!!!



### 15-MINUTE YOGA BREAK

Perk up your meeting with a quick 15-minute refresher consisting of some basic stretches to help circulation and release tension, and breathing techniques to improve concentration. Help your whole team wake up naturally and happily!

Pricing:

Up to 15-minutes: Up to 25 participants: \$75. (No mats or yoga clothing needed.)

### CORPORATE YOGA CLASS

Gift your group up to a 60-minute yoga class either prior to or after your meeting(s). Class is scheduled to fit the needs of the group. Class may be held on the 20th floor of the JW Marriott Marquis Rina Yoga studio location, in your meeting room (desk yoga) or at your corporate headquarters (travel expenses may apply.)

Pricing:

Up to 60-minute class with a Rina Yoga Teacher: Up to 20 people \$375

Mat rentals: \$6 per mat.

Up to 60-minute class with Rina Jakubowicz: Up to 20 people: \$600 (doesn't include possible travel expenses depending on Rina's availability and location.)

### SPECIAL TREAT: MANAGING AND RELIEVING STRESS WITH RINA JAKUBOWICZ

This is a great kick off that sets a positive tone for your group!

Provides your group the opportunity to receive helpful information on topics related to stress, time management, team building, and healthy living. This workshop can be tailored to specific needs. During sixty minutes your group is invited to try basic yet powerful exercises that can be practiced during the working hours to relieve stress and take care of their bodies and minds. (Group does not need to change their clothes and workshop can be done in a comfortable conference room.)

Pricing:

Up to 1 hour: For up to 50 people: \$1500 (doesn't include possible travel expenses depending on Rina's availability and location.)

We are open to customizing any service to fit your group's needs.

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