



[WWW.RINAYOGA.COM](http://WWW.RINAYOGA.COM)

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## Corporate Yoga Solutions: The Program

We offer on-site yoga, workshops, and seminars to your employees' with flexible hours and tailored styles. Three of the leading causes of employee absenteeism and reduced productivity are back pain, stress, and fatigue. Yoga has been proven to reduce stress, headaches, hypertension and depression. Corporate Yoga Solutions can help increase employees' morale and satisfaction by providing them with healthy options both physically and mentally, creating a sense of loyalty and community in the workplace.

### Yoga Classes (\$150 per hour class – can be held on a weekly basis.)

For a more dynamic style of yoga we offer Vinyasa Yoga.

For more relaxing styles of yoga we offer Gentle Yoga or Hatha Yoga.

In general, we suggest incorporating breathing and meditation classes as well.

### Yoga Workshops (\$200 per hour)

- One-on-One Yoga at your Desk (teacher circulates around the office offering 10-minute yoga stretches and destressing breathing techniques to individuals at their desk.)
- Team-Building Workshop with Partner Yoga
- Defining and Managing Stress
- Effective Communication Techniques
- Defining and Managing Success
- The Four Keys to Peace
- The Art of Relaxation
- Yoga Stretches at Your Desk
- The Benefits of Proper Posture
- Test your Physical and Mental Stamina
- Perk Up with Yoga Break (15-minute meeting break) (\$75 per session)

### Session Times

Before work, during lunchtime, after work or weekend retreats.

### Yoga Equipment

Rina Yoga can provide up to 8 mats per session. If more equipment is needed, Rina Yoga can sell you what is needed at a reasonable price.

### Team of Rina Yoga Teachers

Rina Yoga, Inc. has gathered some of the most qualified and popular yoga teachers in the Miami area., including Founder Rina Jakubowicz. We guarantee that all of our teachers have certifications and registrations from the national organization of the Yoga Alliance.

### Corporations that have used or are using a yoga program

VISA International, JW Marriott, Exxon Mobile, Burger King Corporation, Beber Silverstein Advertising Agency, Informed Families, Miami Dade Community College, Televisa, Univision, JW Marriott Marquis Miami, Millennium Partners, Fairchild Tropical Botanical Gardens, Miami Dade Main Library.



## Corporate Yoga Solutions: The Workshop Options

**Kick-off Workshop** (included in each program below): Test Your Physical and Mental Stamina (practice and discussion)

### 1. **Yoga-Taster Program** 4 Weeks/Months: 5 Workshops

Topic 1: Introduction to Yoga and its Benefits (practice and discussion)

Topic 2: Defining and Managing Stress (breathing/meditation and discussion)

Topic 3: Effective Communication Techniques (interactive discussion)

Topic 4: Team-Building Workshop with Partner Yoga (practice and discussion)

Introductory Offer: \$875 includes 5 Workshops plus one complimentary Perk Up with Yoga Break (Saving \$200)

### 2. **Experimenting-with-Yoga Program** 6 Weeks/Months: 7 Workshops

Topic 1: Introduction to Yoga and its Benefits (practice and discussion)

Topic 2: Defining and Managing Stress (breathing/meditation and discussion)

Topic 3: Yoga Stretches at Your Desk (practice and discussion)

Topic 4: Defining and Managing Success (interactive discussion)

Topic 5: Effective Communication Techniques (interactive discussion)

Topic 6: Team-Building Workshop with Partner Yoga (practice and discussion)

Introductory Offer: \$1120 includes 7 Workshops plus one complimentary group class at Rina Yoga for 20 of your employees. (Each employee will receive a VIP pass.) (Saving \$600)

### 3. **I'm-Convinced Yoga Program** 8 Weeks/Months: 9 Workshops

Topic 1: Introduction to Yoga and its Benefits (physical and discussion)

Topic 2: Defining and Managing Stress (breathing/meditation and discussion)

Topic 3: Yoga Stretches at Your Desk (practice and discussion)

Topic 4: Defining and Managing Success (interactive discussion)

Topic 5: Effective Communication Techniques (interactive discussion)

Topic 6: The Four Keys to Peace (meditation and discussion)

Topic 7: The Art of Relaxation (practice and discussion)

Topic 8: Team-Building Workshop with Partner Yoga (practice and discussion)

Introductory Offer: \$1350 includes 9 Workshops plus one complimentary group class at Rina Yoga for 20 of your employees and one complimentary Perk Up with Yoga Break (Saving \$845)