

EMPOWER YOUR EMPLOYEES

The benefits of yoga and mindfulness go far beyond physical wellness. An article posted by the American Psychological Association* lists a wealth of benefits including the following :

- stress reduction
- boosts in working memory
- improved focus
- cognitive flexibility
- relationship satisfaction
- ... and more!

(*Davis & Hayes,

2012)



CONTACT US

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For more information about our corporate wellness programs, including pricing and availability please send us an email at info@uttarayogastudio.com



uttara

• YOGA STUDIO •

Find Your Center

CORPORATE WELLNESS PROGRAMS



FIND YOUR CENTER

Uttara Yoga Studio is a welcoming and supportive community that empowers students of all backgrounds to develop their unique yoga practice and discover harmony of mind, body, and spirit.

Our high-quality instructors specialize in supporting students across the life-span, and offer customized classes to meet your needs.



OFFERINGS

PRIVATE CLASSES

Looking for a place for your organization to host a private class or workshop? Rent one (or both!) of our studio rooms and enjoy a custom class created just for you. Retreat offerings also available!

ON-SITE YOGA

If you'd prefer an instructor come to you, we are happy to offer classes at your place of business. Whether it's chair yoga, a "happy hour" meditation, or an energetic all-levels class, we've got something for everyone. Day & time flexible!

CORPORATE PACKS

Give the gift of yoga! Our corporate class packs are a great way to show your employees they are appreciated and valued.