# 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)

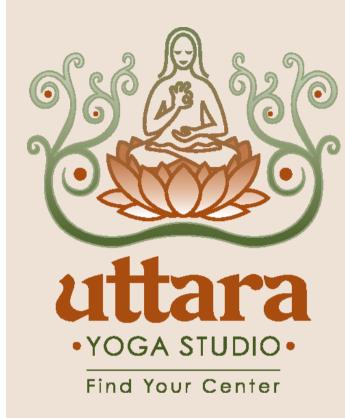


### **CONTACT US**

Uttara Yoga Studio 401 Highland Avenue, SE Roanoke, Virginia 24013 www.uttarayogastudio.com 540.309.0071

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





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 lifespan, 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.