



## CLASS STYLES/LEVELS

- Absolute Beginner Hatha
- Power Yoga (for beginners to experienced Yogis)
- Hatha for All Levels
- Yin to Calm and Soothe
- Yoga to Uplift and Revive
- Yoga to Recharge and Energize

## THINGS TO CONSIDER:

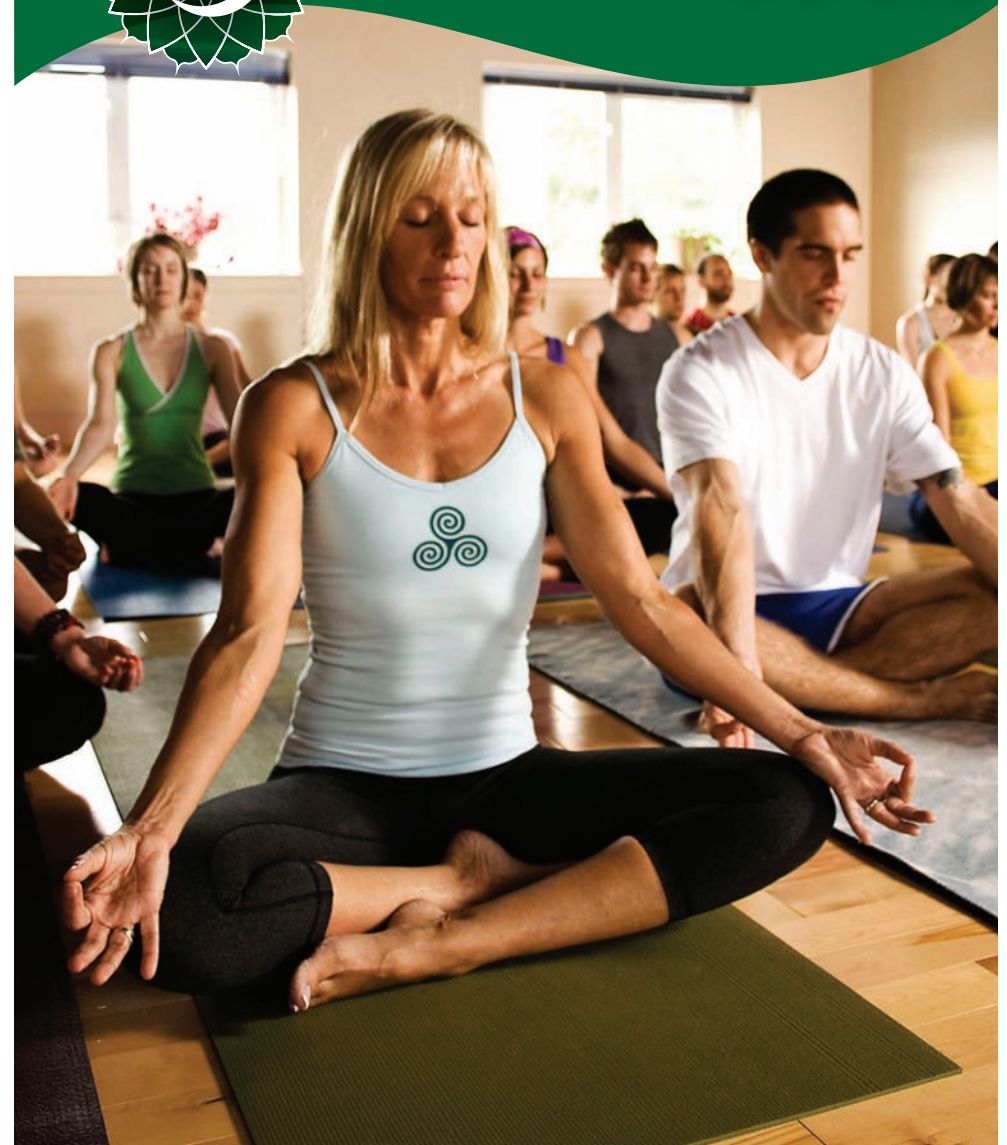
- How many are there in your group?
- Length of your visit? (please note a minimum length of 1 hour is required for all sessions)
- Preference for a male/female instructor?
- Will you need Yoga mats?
- Is this a re-occurring event?
- Preferred time of day and day of the week?



To contact us about hosting a Corporate Yoga event please email [info@ottawayoga.com](mailto:info@ottawayoga.com) or contact us through reception at 613.234.7974 (Monday to Friday 6am-9pm, Saturday 8am -6pm, & Sunday 8am-8pm).



# CORPORATE YOGA



## rama lotus yoga centre

342 GLADSTONE AVE, BETWEEN BANK & O'CONNOR • OTTAWA • 613.234.7974 • [WWW.OTTAWAYOGA.COM](http://WWW.OTTAWAYOGA.COM)

*The Rama Lotus Yoga Centre is an organization that designs and delivers yoga classes, teacher training programs, workshops and products for living a healthy, happy, and holistic life.*

### WHY CHOOSE CORPORATE YOGA AT RAMA LOTUS?

The Rama Lotus Yoga Centre is your yoga studio. It is our mission to serve our community by sharing the practice and joy of yoga in the fullness of its tradition. This ancient practice can transform individuals on a physical, mental and spiritual level. Yoga can lead to greater health, a peaceful mind, happiness and ultimately freedom.

Guided by one of our skilful instructors, yoga at our Centre can be tailored specifically to meet the needs of your employees and your business. Bring vitality and well-being into your workplace. Helping both employees and employers alike, yoga will revive, restore, and re-create your working atmosphere.



### BENEFITS FOR EMPLOYEES:

- Reduces both mental and physical forms of tension and stress
- Improves mental clarity and concentration
- Fosters a supportive working environment
- Helps strengthen the immune system for fewer sick days
- Improves physical well-being and decreases fatigue

### BENEFITS FOR YOUR BUSINESS:

- Demonstrates appreciation and consideration for employees
- Reduces absenteeism
- Increases productivity and quality of work
- Appealing to those seeking employment
- Fosters communication across all levels

### CHOOSE YOUR SPACE TO SUIT YOUR NEEDS

One of the largest Yoga Centres in the country, we have 5 Yoga studios, including 2 heated studio spaces, that are accessible to groups ranging from 15 to as many as 60 participants. Depending on the number in your group and both the time and day, you will have the option of enjoying the Sun Room (heated), the Earth room, the Sky room, The Crystal Room, or the Hot room (heated).

Select Weekday mornings and afternoons (6:30am-4:30pm)

Select Weekend mornings and afternoons (11am-6pm)

We do require that all sessions are a minimum length of 1 hour in order to provide a complete experience.

*\*Studio availability dependent upon regularly scheduled classes and other events\**

### YOGA OPTIONS

Choose either a workshop style event for your time with us, or have a Yoga class tailored to meet the needs of your employees.

### POSSIBLE WORKSHOP IDEAS:

- Desk/Office Yoga
- Learn to Meditate
- Yoga Techniques to Increase Energy
- Yoga Techniques to help Relieve Stress
- Yoga for Clarity and Focus
- Breathing Techniques to Calm and Re-awaken

We invite you to pick from these suggestions or use them to inspire ideas for the creation of your own workshop experience. Drawing on the resources of our Rama Lotus team, create a session that would provide your employees with exactly what they need.

