



## Corporate Yoga Program

Bring yoga to your workplace to help employees reduce stress and be more productive!

Yoga in the workplace has been proven to:

- build camaraderie
- reduce stress
- increase the health and well being of co-workers
- reduce illnesses
- increase job satisfaction levels
- increase the productivity of participating employees

Yoga classes on site offer a low-cost and innovative solution for companies wanting to reduce health care expenses, relieve workplace stress and promote employee well-being. The performance of a corporation depends on the performance of its key assets employees. Healthy employees are more productive and more cost effective.

The Prancing Peacock will provide a certified and insured yoga teacher to come to your workplace and teach a 60 minute yoga class. Each student would need a yoga mat, or we can help you purchase a bulk amount of mats. The employer would need to provide a quiet room to hold the class in.

**For more information, visit our website [www.prancingpeacock.com](http://www.prancingpeacock.com)  
email us at [info@prancingpeacock.com](mailto:info@prancingpeacock.com)  
or call us at 267.679.0791.**



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