



RED LOTUS
YOGA
at work

Where Yoga Comes to Life



Transform your office by reducing tension and stress

Join the growing number of major companies embracing Yoga *at work* as a cost effective employee-retention strategy. We will bring everything, yoga mats, music and an RYT 200 certified teacher.

All yoga classes are designed for all fitness and experience levels, beginners through advanced. Classes last 60 mins. and can take place early morning, during lunch or after work. Our rate is \$100/hr. for a minimum of 10 students, if above 10 people, it's simply \$10 per person. The company can pay \$5 per employee and each student can pay \$5.

→ **Mention this flyer and your first class will be free!**

Recent research indicates that companies who offer yoga and wellness programs to their employees reduce their annual health insurance premiums, and thereby improve their bottom line. According to a recent study on worksite health programs, corporations realized \$3-\$6 in savings for every \$1 invested in wellness programs. The same study showed more than a 25% average reduction in health-care costs for well-designed programs (American Journal of Health Promotion)

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