

CORPORATE YOGA

PACKAGE OPTIONS

Once off Yoga Workshop

single yoga sessions in the workplace

from \$170

Weekly Lunchtime Yoga

yoga sessions in the workplace, min 10 weeks

from \$120

Mindful Meditation and Yoga

combination of yoga and guided meditation

from \$120

PACKAGES INCLUDE

50 or 60 minute yoga (or yoga and meditation) session,
optional weekly sessions

Yoga Mats at an additional cost

CONTACT

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