

Additional Items

Additional Cost for Out of Area

- Travel
- Accommodation
- Equipment Rental

Requirements

- Employees should wear comfortable clothing allowing freedom of movement. For example-gym wear would be appropriate. No denims, work clothing or jewelry for it will restrict movement.
- For weekly yoga sessions mats and props are needed for each participant either purchased individually or by company. Such as a 1 yoga mat, 2 yoga blocks (1 set), 1 yoga strap.
- Room or conference hall suitable to hold the amount attending class, seminar, or event.



About Us

Bliss Monk is a yoga media company. Bringing ideas, information and insight to the community through TriYoga and Xhale e-zine.
bliss@blissmonkie.com

We are based in Durban , KZN South Africa. Serving Local and National Business in South Africa as well as available for international business.

Additional Services

Privates

Yoga sessions designed for those who wish to learn TriYoga Flows one on one with individual needs addressed As well as for those who need additional instruction to assist in the group classes.

Yoga Therapy

For those who have specific health requirements or recovering from injuries. One on One sessions designed for your particular need.



071 522 4502
071 526 2057
corporateyoga@blissmonkie.com
www.blissmonkie.com



Corporate Yoga



Relax

Rejuvenate

Refresh

Corporate Yoga

Benefits

Packages

Corporate Yoga

For those in the corporate industry who wish to bring the stress relieving practice of yoga into the corporate environment.

The demands of the fast paced modern work environment tend to deplete the employees over all wellbeing, coping skills, mental alertness and thus lowering their productivity.

By relieving the accumulation of tension employees can enter the work place inspired and motivated to perform at their best at all times.

We offer a variety of services to suit each company's individually needs.

Classes are designed to relieve stress and tension , improve mental clarity and emotional wellbeing.

Services Offered...

- ◆ Weekly Yoga Classes
- ◆ Monthly Yoga Classes
- ◆ Yoga Seminars
- ◆ Part of your companies
Events Day
Weekend Conference or
Team Building Retreat

Company Benefits...

- Overall production, moral and happiness of the employee.
- Improve employee relationships
- Lower depression and negative thoughts
- Increase creativity individually and with in the team
- Improved communication skills

A Happy Balanced Healthy Employee ...

- Increases Company Loyalty
- Efficiency, greater productivity
- Less sick days
- Increased motivation with in the Team

Stress...

Stress can be contagious with in the close fast paced dynamic working environment of Corporate Culture.

- pressurized deadlines
- making the deal
- losing the deal
- exposure to long hours
- lack of exercise

All contribute to the mental fatigue which effects even the most productive employee.

Yoga...

Provides the perfect solution to combat fatigue and reduce stress.

Weekly Yoga Sessions...

- 45 minutes to 1 hour session
- 1 Instructor
- Up to 20 employees
- Mats not included

Monthly Yoga Session..

- 1 hour session
- 1 Instructor
- Up to 20 employees
- Mats included for up to 20

Yoga Seminar (once off session)..

- 1 to 2 hour session
- 2 Instructors
- Up to 20 employees
- Mats included for up to 20

Company Events, Conferences, Retreats..

Basics Package (can change to requirements)

- 1 hour session (rate per hour after first session)
- 2 Instructors
- Up to 20 people
- Mats included for up to 20
- Props provided up to 20