**Valerie Basile Grunther, ERYT**

**Certified Yoga Instructor**

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**Corporate Yoga Services**

On-site corporate yoga classes are offered to meet the corporate client’s needs. They may be held in the morning before work, at lunch time, or in the early evening after work at the company’s request. Included in the instruction are physical exercises, as well as breathing and relaxation techniques. Classes are offered in a course form of 4 to 8 weeks duration, which can be held once or twice a week or as desired by the company/employees. Once interest is established it can be offered on an ongoing basis (quarterly). It is suggested to start with 3 to 4 introductory sessions to see the progression of results, responses and feedback from the employees.

Corporate yoga classes are taught with the requirements of an office environment in mind. Although most participants like to change into more comfortable or loose fitting clothing for class, participants can enjoy a yoga session in a button up shirt and slacks, or jeans and then return to work. Participants are encouraged to bring their own mats but I can provide the necessary yoga supplies needed or purchase them on the company’s behalf. If mat space is not available, a yoga session can be done using their chairs. No prior yoga experience is necessary. Yoga classes are designed for all fitness and experience levels… beginners through advanced.

Prices differ depending on the number of people participating in the program. I require a minimum of $125/session to come to your location. A minimum commitment will be needed. Per head fees will apply based on interest.

Payment options:

Full subsidy: Employer offers the classes free of charge to the employees.

Partial subsidy: Class fee is shared by employer and employee.

Hosting: Employer offers a space in the office for the class time and employees individually pay for the classes.

Employers have had success in keeping their employees healthy and happy by introducing programs like yoga classes as preventative practices. Stress release is an important component of the yoga practice and helps prevent illness in a stressful corporate atmosphere. Yoga increases energy and vitality, deepens levels of concentration and promotes healing of many disorders. These techniques can enhance all areas of life in both subtle and dramatic ways.

Contact Valerie for further details