

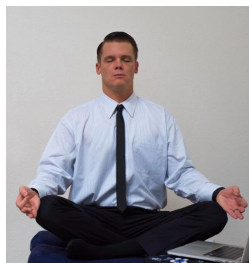
# EMPOWER STAFF TO DEVELOP PHYSICAL & MENTAL FITNESS *that enlivens their* LEADERSHIP



Corporate wellness programs are beneficial to businesses of every size. Both the business and its employees benefit in a multitude of ways.

With our Corporate Wellness Program, we bring yoga to your employees in a clear, science-based, plain spoken and pragmatic way.

## Who We Are



**Brian Fehling**



**Alyssa Moore**

*We are both certified RYT 200 Hr yoga teachers, having completed our training at the Southwest Institute of the Healing Arts in Tempe, AZ. We are currently enrolled in their Advanced Teacher Training Program.*

*We are both certified in First Aid and CPR.*

*Together, we have 15 years of corporate business experience, allowing us to fully understand your wellness needs and to provide the solution that best suits your business.*

## Get In Touch

Contact Brian or Alyssa for further information on a Corporate Wellness Program for your business.

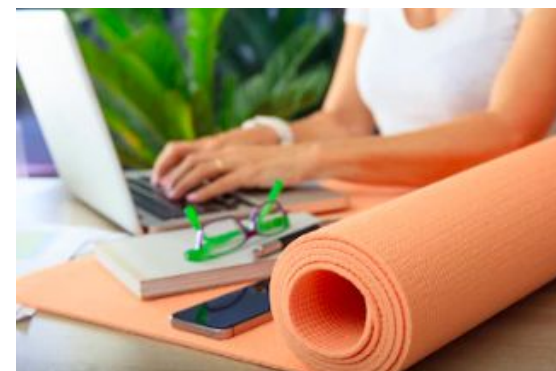
[corporatevinyasaaz@gmail.com](mailto:corporatevinyasaaz@gmail.com)

Brian: (480) 292-3054

Alyssa: (480) 298-6465

[www.corporatevinyasaaz.com](http://www.corporatevinyasaaz.com)

## Corporate Vinyasa AZ Wellness Program



*Linking Breath,  
Movement & Mindfulness  
While at Work*



### Your Employees Will Benefit

Benefits for Your Employees:

- Reduced Stress
- Increased Mental & Physical Health
- Increased Clarity, Energy, Creativity, Focus and Motivation
- Increased Productivity and Performance
- Improved Decision-making and Overall Output
- A Community Amongst Co-workers
- New Healthy Habits, Created and Maintained Through Yoga and Meditation



### Your Business Will Benefit

Benefits for Your Business:

- Decreased Absenteeism
- Increased Employee Satisfaction
- Increased Productivity, Performance, and Creativity
- Reduction in Medical and Health Costs
- Reduced Presenteeism
- Increased Sense of Community Amongst Co-workers

“For every \$1 invested in workplace wellness, a company can expect \$3 in cost savings or benefits.”

(U. of Michigan Research Centre)



### Services Offered

The Following Services are Offered:

- Chair / Office Yoga
- All Levels Yoga Class
- Flow Yoga
- Seamless Guided Meditations
- Simple Breathing Techniques
- Mindfulness Practices
- Self-awareness and Introspection
- Bad Habit Breaking

Wellness sessions will be 45-60 minutes in duration and can include any combination of the services listed above.

Wellness sessions can be customized to suit your business and employees' needs by working with us to create a Program of Your Choice.

To request our rates or to book your free 15 minute wellness consultation with Alyssa or Brian, please visit:

[www.corporatevinyasaaz.com](http://www.corporatevinyasaaz.com)