

CORPORATE YOGA **PROSPECTUS**



BRINGING HEALTH AND WELLNESS TO DARWIN

Level 1, 29 Cavenagh Street
Darwin City 0800

  YogaterritoryNT

PROPOSED BY

YOGA TERRITORY

ABOUT THE PROSPECTUS



Yoga is a practice scientifically proven to cultivate physical, emotional and mental health and wellbeing. Corporate yoga classes will be tailored to meet the individual needs of the team and can incorporate work-prevention exercises, desk and chair exercises, simple yoga poses, breathing practices and mindfulness/meditation methods.

Studies on the psychological and physiological benefits of yoga in working people have shown massive improvement in relieving tension, reducing pain symptoms, improving posture, increasing energy and attentions span, as well as improving communication and enhancing employees feelings of overall wellness and well being.

DARWIN CORPORATE YOGA

A COMPANIES EMPLOYEES ARE ITS GREATEST ASSET

ABOUT YOUR INSTRUCTOR

Claire Johnston is a certified senior yoga teacher and owner of Yoga Territory. She spent many years working in the corporate sector, both for local and state government and in private enterprise before becoming a yoga teacher. In that time she experienced first hand the benefits yoga can bring to the workplace, both for employers and employees and she is passionate about sharing the tools and skills she has developed to support business and staff get the best out of their work (and life).

Level 1, 29 Cavenagh Street
Darwin City, NT 0804



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ALWAYS WITH PASSION



DARWIN CORPORATE YOGA

THREE PACKAGES TO CHOOSE FROM

ALL SESSIONS INCLUDE

- Before and after staff surveys to track progress
- Tailor-made program to suit the individual needs of clients
- Up to 10 participants (additional students are \$15 per person per session)
- Either in-studio OR onsite location
- Yoga mats for 10 participants
- Scheduled at a time that suits the business, before, during, or after work hours.



*Prices per session and may vary due to travel requirements.

30 minute **\$139*** hit the reset button

For the time poor. Includes chair or floor stretches, seated meditation and relaxation

45 minute **\$164*** rest and digest

Great lunchtime pick me up, includes 30 minutes of movement based yoga and stretching, followed by meditation and relaxation.

60 minute **\$189*** full body bliss

As well as the above learn tools and techniques to implement between sessions to keep you stress free and hitting goals!

1/2 day yoga for resilience & stress management workshops also available

GET STARTED

Call or email Claire
08 8121 4133

hello@yogaterritory.com.au