

Yoga at Work

For a healthy, happy team.



Yoga at Work

Staff wellbeing is a must in times of high pressure and constant change.

A healthy, happy team is more **productive, resilient** and **loyal!**

Yoga improves stress resistance and ability to focus. It provides multiple health benefits from stronger immunity and calmer nerves to better posture and deeper sleep.

Yoga is for everyone regardless of age, weight or level of fitness.

At Your Office

- ॐ **We offer yoga classes at work at any time of the day (morning, lunchtime, after-work).**
- ॐ **All our instructors are certified (min. YA200hrs).**
- ॐ **We teach in English, Dutch and French.**
- ॐ **We can help in sourcing yoga mats and other equipment at affordable prices.**
- ॐ **Ask for an offer for your specific needs!**



**Sampoorna
Yoga
Studio**

Contact us
for more information
and a tailored offer

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sampoornayogastudio.be

Team Building with Yoga

We also facilitate health-focused team buildings, for example:

- ॐ **Yoga Introduction Workshop**
Slow-motion yoga class for total beginners, with introduction of the principles of yoga.
- ॐ **Stress Management Workshop**
Energy audit of your team, with brainstorming for improvements and easy yoga exercises for home and office.

Ask for a trial class at your office.