



Practice Yoga

Tailored practice to
support you in
achieving your unique
goals and unlocking
your fullest potential.



Join the Practice Yoga
community.

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ABOUT US

Teams thrive because Practice Yoga creates the conditions through yoga and mindfulness tools to support in organizational mental, physical and social well being. We believe that yoga and mindfulness are integral to mental well-being, performance and supporting individuals in reaching their fullest potential.

Practice Yoga is rooted in movement and mindfulness and we know that these practices have the power to support mental, physical & social wellbeing. We are passionate about providing yoga & mindfulness practices and committed to supporting physical & mental wellbeing within the workplace.

We know that when life work work works.

OFFERINGS

PRIVATE PRACTICE

Private yoga practices are designed exclusively for your level of experience and any issues you want to address. In a one on one environment we create customized classes through intelligent sequencing to support you in achieving your goals.

SEMI-PRIVATE PRACTICE

Semi private yoga practices are limited to four students. Semi private practices are an ideal format to deepen your practice with a tailored focus for your groups' unique goals. We work in an intimate environment so we can offer a modified practice for individual needs.

GROUP PRACTICE

Group yoga practices are formatted for five or more students. Classes are accessible for all levels and tailored for your groups particular focuses. Group practices are excellent for creating connection and supporting team physical & mental wellbeing.

WHAT YOU CAN EXPECT

We spend most of our time at work, so it's important to understand that organization plays a key role in promoting mental well-being in the workplace and providing resources for their employees to thrive.

Each practice integrates:

- yoga (posture),
- breathing techniques and
- meditation (visualization)

Students walk away with tools to support them in mitigating stress, emotional regulation and overall physical health.

Practice is accessible for all levels.

We would love the opportunity to connect your team through practice and to bring more mindfulness back into your corporate wellness plan.

