

KEMETIC CLE CORPRATE YOGA &

WELLNESS SERVICES

Kemetic Yoga · Breathwork · Stress Management

WHY BRING YOGA TO YOUR WORKPLACE?

- ✓ Reduced stress and burnout
- ✓ Improved focus, energy, and productivity
- ✓ Relief from physical tension (perfect for desk workers and active staff)
- ✓ A positive boost to workplace morale and mental well-being

ON-SITE CORPORATE SERVICE MENU & RATES

Service	Duration	Rate
Corporate Kemetic Yoga Session	60 minutes	\$200
Chair/Desk Yoga for Office Workers	30-45 min.	\$150
Breathwork & Stress Management Workshop	60-90 min.	\$400
4-Week Corporate Yoga & Wellness Series	1 session per week (A total)	\$750
Corporate Wellness Day / Retreat	Half-day or Full day	Custom Quote

WHAT’S INCLUDED:

- ✓ On-site setup (at your office or selected spacer
- ✓ Customized session tailored to your team’s needs
- ✓ Guided breathwork and mindfulness techniques

FIRST-TIME CLIENT OFFER:

**One Complimentary 30-Minute
Introductory Session**