

CORPORATE WELLNESS SESSIONS WITH YOOP YOGA

Yoga & Self-Care Practices
with Jamie Lufkins

Yoop Yoga's corporate wellness sessions reduce stress, boost productivity, and improve focus. Enhance team morale, posture, and mindfulness while preventing burnout. Support mental clarity, balance mood and work life harmony. NO EXPERIENCE NEEDED.

Text: 906-322-8101

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Facebook Message: Yoop Yoga OR Jamie Lufkins

yoopyoga.com



On-Site Available for

- Active, Relaxing, or Chair Yoga
- Soothing Sound Bath
- Tailored To All Levels

INVEST IN YOUR TEAM'S WELLNESS TODAY!