

# YOGA & MINDFULNESS FOR THE WORKPLACE

IMPROVE THE HEALTH OF YOUR TEAM &  
BOOST PRODUCTIVITY BY OFFERING  
YOGA & MINDFULNESS MEDITATION  
AT WORK

Create a culture of health  
and wellness, gratitude, and  
inclusivity

We offer in person & virtual:

- Group Yoga Classes
  - Vinyasa Yoga (Flex/Flow)
  - Restorative Yoga
  - Chair Yoga
- Mindfulness Meditation

Book your class today!



Visit [yogaloftne.com](http://yogaloftne.com)  
for more information.

Contact us: Natalie at  
[yogaloftne@outlook.com](mailto:yogaloftne@outlook.com)



**Military & First  
Responder Discounts**