

CORPORATE YOGA

MINDFUL
MOVEMENT

yoga in the workplace



YOGA KALA

By Katie Beech

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Yoga Kala teaches yoga to individuals and teams that will not only bring them the physical health benefits of muscle strength and stability, but will also incorporate deep breathing exercises and an introduction to meditation and mindfulness.

We will work with you, creating wellness experiences that resonate with the unique characteristics and needs of your company. It does not matter if you or your team are complete beginners to yoga or advanced practitioners, we will tailor your experience to meet your needs. Together we can build a healthier, happier, more energized culture.



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The Yoga Kala program for corporate wellness was designed to help

Your business by:

Increasing employee productivity

Reducing employee sickness and absence

Improving job satisfaction

Increasing company loyalty

Improving employee satisfaction and engagement

Reducing staff turnover

Improving ability to attract quality employees

Your employees:

Better manage stress, anxiety and depression

Improve focus

Reduce stress, anxiety and depression

Increase energy

Improve focus, concentration, memory and creativity

Build stronger muscles

Increase flexibility

Improve overall health

Improve personal and professional relationships

Boost morale

Create respect for themselves and others

Relax the mind

Improve moods

Improve communication

Improve sleep

**IMPROVE
FOCUS**

**IMPROVE
ATTENDANCE**

**OPEN
COMMUNICATION
CHANNELS**

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Why Yoga Kala?

Katie Beech is passionate about serving people. With experience as a yoga teacher, meditation teacher, registered nurse and performer Katie has your business and your team's best interests at heart. Katie can help your business deal with the bad days, turning them into good days, and turn good days into great days.

As someone who has worked in many different environments and for many different employers, Katie can help you put the cherry on top and make coming to work an amazing experience.

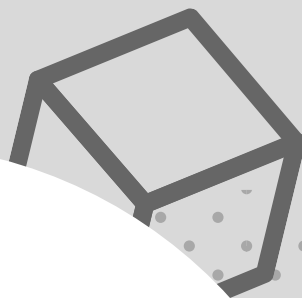


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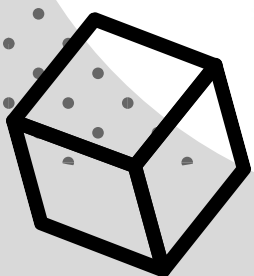
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To find out more or to start designing a program to improve the wellbeing of your staff please call Katie on 0433297604 with any questions or send an email to yogakalaau@gmail.com to get started.





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