



Yoga By Jennifer: Corporate Yoga Overview

About Corporate Yoga

What are the benefits of Corporate Yoga?

As more and more companies are coming to realize, providing yoga as a benefit can help to keep employees healthy. Healthier employees are proven to have better attendance and higher productivity.

Yoga can increase strength and flexibility and reduce stress and tension of the mind and body. Some other benefits of yoga are reduced blood pressure, reduced joint pain and increased concentration. Convenient on-site classes help people set good routines and stick to them.

In addition to the benefits to the employees, many insurance companies offer discounts to companies that offer wellness programs.

Where can it be done?

Companies have held classes in conference rooms, cafeterias and fitness center facilities. Approximately 1,000 square feet can accommodate 30 participants.

What does the company need to provide?

Your organization needs to provide only the space to hold the class. I will take care of the rest.

Do participants need prior yoga experience?

No. I will tailor a yoga program to meet the individual needs of your employees, whether they are beginners or advanced students. Yoga is a safe and effective form of physical activity for individuals of varying ages and fitness levels.



What do the participants need to bring?

Participants should bring a bottle of water and wear comfortable clothes that they can easily move around in. They should not eat a full meal 1-3 hours before class. They will need energy to get through class, so a healthy snack is recommended about one hour prior to class.

Participants must supply their own yoga mat. A mat is an essential item because it is designed to help a practitioner with alignment. Registrants can purchase a mat through my website at the time of registration. I will also bring mats with me on the first day of class for students to purchase.

About The Course

How do classes work?

I recommend starting with a 6-week course consisting of a single one-hour session per week. Classes can be held before work, at lunchtime or after work.

What kind of pricing models do you offer? What is the cost?

In the past, I have offered

- Participant-funded programs in which the participants pay a low, one-time fee covering the cost of the entire course;
- Employer-funded plans in which the company covers the cost of the program on a discounted, flat rate, per-session basis;
- Hybrid pricing in which the company partially subsidizes the cost of the program for employees.

Participants register (and can even pay for classes via credit card) online at www.yogabyjennifer.com. Please contact me and I'll be glad to put together a customized quote for your organization.



About Jennifer

What is your experience and background teaching Corporate Yoga?

I am a fully insured and registered Yoga Teacher with the Yoga Alliance. I have been practicing yoga for more than eight years and have been teaching for four years. I have completed my 200-hour certification with Inner Light Yoga Center (which was named by the Home News Tribune as the "Best Yoga Studio" for the second year in a row). I have been a student and teacher from California to New Jersey, exploring different styles of yoga. I have also introduced yoga into several private school systems. I teach yoga at a variety of yoga studios, dance studios and fitness centers.

Where do you teach?

I have taught classes for clients throughout Mercer, Middlesex, Monmouth and Somerset counties. My corporate clients have included organizations from local businesses to Fortune 500 companies.

What is the next step?

Please call or email me to set up a time to meet so I can answer any questions you may have and schedule your sessions soon.

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Namaste!