



Offering Yoga in your workplace makes it convenient for staff to take better care of their health and well-being. It can also:

- * build camaraderie
- * reduce stress
- * reduce illnesses
- * increase job satisfaction

Why do yoga at the workplace rather than a yoga studio?

Workplace yoga promotes self care and stress relieving techniques during the work day.

What does it cost?

\$10/person with a minimum of 6 students or \$60.

How do we book a class or series of classes?

Contact Jessica Mollet and set up a meeting for her to see the space that will be used for yoga, discuss the type of work conducted in your workplace and the goals for the class.

What do we need to host yoga in our workplace?

Four walls, an open floor and 1 hour to enjoy the benefits of yoga. Jessica will provide any yoga equipment needed, expertise, and a supportive environment.

Does our staff need to have yoga experience to participate?

No. Classes are taught with the beginning student in mind.

Does everybody need to shower after class?

No. Although most participants like to change into more comfortable or loose-fitting clothing for class, plenty of participants have enjoyed a yoga session in a button-up shirt and slacks, or jeans. Then returned to work or home.

How often should we offer yoga?

Most decide based on the availability of a open room. I offer weekly and monthly class options.

Can we sign up for a trial run?

Yes. I recommend scheduling 3-4 classes and then solicit feedback from the staff. By then the benefits of the class are clear and employees will be asking when the next class will be held!

Contact Jessica Mollet, CYT

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Jessica is a Certified Yoga Teacher thru Sivananda in South India and has continued her studies in Meditation, Breath Awareness, and Yoga Therapy thru the Integral Yoga Institute, Himalayan Institute, Kripalu, and the International Sivananda Yoga Vedanta Centers. She taught group fitness classes 1990 - 2001 and began teaching Yoga in 2001.

