

WORKPLACE YOGA

think well • live well • work well



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KULA.

why yoga?

Yoga is the single most successful and enduring wellbeing practice of all time.

300+ million people around the world practice yoga everyday. Yoga in some form has been practiced for over 5000 years and modern yoga practice is over 100 years old.

Yoga is not about how flexible or fit you are, it is a healing practice which takes many forms. The benefits for both mental and physical wellbeing are significant enough for yoga to be recommended by health professionals all over the world, as a way to build strength and flexibility and calm the mind. Yoga is an opportunity to take time for yourself in a non competitive and non judgemental space, where the stresses and strains of modern life are left off the mat. In short, yoga is a tonic for modern life.

There are many benefits to offering yoga at your work place, these can make a huge difference to employee productivity, morale and output when encouraged by the workplace, making your team more focussed, attentive and productive and happier in their work.

These benefits include:

- Great for your physical and mental health
- Increased energy and brighter moods
- Yoga possess many tools to help you manage stress
- Yoga helps you relax which promotes better sleep
- Encourages a caring and a supportive community within and beyond the workplace
- Promotes better individual self-care

We have a range of offerings for you and your team if you would like to see the positive impact that practicing Yoga can have.



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Private Yoga Class Options for Businesses

We can carefully craft your event around your specific needs, whether around your company values vision, goals or around a desire to improve happiness promote stress relieving exercises or to encourage relaxation

In Studio Class

(60 minute class)

- Up to 6 people £100.00 + VAT
- £5.00 per additional person

Includes:

Discovery Call

60 minute Yoga Class

Studio & Prop Hire

Offsite Class within 2 miles of LS1

(75 minute class)

- Up to 6 people £175.00 + VAT
- £10.00 per additional person

Includes:

Discovery Call

75 minute Yoga Class

Prop Hire

Travel within a 2 mile radius of LS7 4NY included

Travel Expenses for 2+ miles is 45p per mile

Bespoke Corporate Yoga Packages

Half Days / Full Days

Bespoke Yoga, Therapies and Events can be arranged upon request

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YOGA KULA'S WORKPLACE YOGA TEACHERS

AMANDA



DAN



JESS



ELLA



LESLEY



SUSI



ANGELA



TIIA



TASH



TAYLOR



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CORPORATE YOGA PACKAGES

PLATINUM

Unlimited Classes - £650.00 (Inc VAT)

Annual payment in advance
Valid 365 days
Platinum Wellness Class Pass added to students Mindbody account
Student must have card details on their account and follow membership pass terms and conditions

GOLD

2 Classes Per Week - £500.00 (Inc VAT)

Annual payment in advance
Valid 365 days
Gold Wellness Class Pass added to students Mindbody account that allows them to book 2 classes per week

SILVER

1 Class Per Week - £350.00 (Inc VAT)

Annual payment in advance
Valid 365 days
Silver Wellness Class Pass added to students Mindbody account that allows them to book 1 class per week

BRONZE

20 Classes per Year - £175.00 (Inc VAT)

Annual payment in advance
Valid 365 days
Bronze Wellness 20 Class Pass added to students Mindbody account

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some companies and organisations we have worked with



TESTIMONIALS

' We would highly recommend Yoga Kula to anyone looking to give yoga a go. Angela was a great instructor and very patient with our group who had little to no experience. It really allowed us to switch off and focus on ourselves, our body and our mind. We will definitely be back '

' Just wanted to drop a note to say thanks so much for helping to organise last week. The teachers were absolutely fab, really engaging and everybody had such a great time '

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forward
thinking
authentic
yoga



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