

Corporate - Office Yoga in Hungarian / English / Spanish

'Breath, move and work in harmony'



Corporates realize more and more that nourishing the physical, emotional and even spiritual qualities of their employees are as important as to develop the mental qualities of the individual.

Yoga contributes to the person's overall well-being and hence improves the on- and off-job performance.

I offer non sweating on site customized yoga classes within the corporate world. Classes designed to alleviate office work created health issues such as soaring back, aching neck and shoulders, bad posture and muscles tension. Breathing and relaxation exercises will help to relieve stress and fatigue resulting in better performance and mental clarity.

Anyone can join Yoga regardless their physical condition, age or whether they are beginner or more experienced with Yoga

What You Will Need

- A quiet, comfortable space large enough to use (boardroom, lunchroom, spare office, A/V room, gymnasium, etc.)
- Each person will need a mat (in case of carpet not necessary) and comfortable clothing.

Why do Corporate Yoga?

- Corporate Yoga classes are a great way to improve workplace morale, increase productivity and bring everyone together to do something fun as a group.

I will make sure that your employees will leave each and every class feeling refreshed and restores and better able to deal with pressure of their work.