



# Corporate Wellness & Group Events

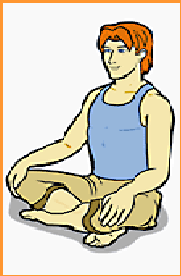
## Why have a group event with Santosha Yoga Center?

- ◊ Professionally designed program/event to meet your goals
  - ◊ Build camaraderie among staff and teammates
  - ◊ Decrease absenteeism by promoting a healthy lifestyle
    - ◊ Reward staff for a job well done
  - ◊ Sport specific fitness and training programs for teams
- ◊ Creative and imaginative events for toddlers and young children



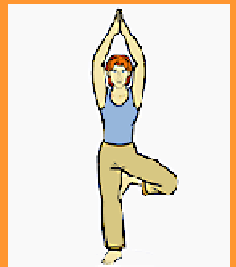
## Santosha Yoga Center Group Services

- ◊ Private and Group Yoga Classes
  - ◊ Fitness Classes and Events
  - ◊ Sport Specific Training
- ◊ Breathwork and Relaxation Workshops
- ◊ Children's Programs for all ages



## Who is using Santosha Yoga Center Group Services?

- ◊ Private Local Businesses
  - ◊ Dentist Offices
  - ◊ Girl Scout Troops
  - ◊ Pre-School Children



*Programs available at your location or our studio.  
Let Santosha Yoga Center design an event for you.*



For additional information and registration, please contact Holly Lassila or Matthew Imhof at 724-449-YOGA (9642).