



Workplace Yoga Proposal

Class structure, requirements and booking details

CLASS LOCATION

Classes are held in the workplace, but I can also offer classes at my Redfern studio (if that is more convenient for your company).

REQUIREMENTS

- A boardroom or meeting space
- Participants need to bring their own yoga mat
- An injury/health form will be filled out by all participants prior to class

CLASS STRUCTURE

Open to all levels of experience and fitness. Participants will also be able to talk to me privately about their health concerns.

Class emphasis is on:

- Improving posture to prevent aches and pains (particularly in the neck and shoulders)
- Strength building for greater resistance to stress
- Safe poses that bring more energy and balance to the body
- Breathing and meditation techniques to energise or calm the body and mind

CLASS FEE OPTIONS

Free trial class: I offer a 60-minute free trial class, and the following options to suit your time/budget:

45 mins: \$120 (+GST) or package of 10 for \$1,000 (+GST)

60 mins: \$140 (+GST) or package of 10 for \$1,200 (+GST)

The above prices are fixed, regardless of class numbers.

Hatha Yoga Sydney, 1/141 Redfern Street, Redfern NSW 2016

Phone: 0421 279 522 Email: info@hathayogasydney.com.au www.hathayogasydney.com.au

HOW TO BOOK

Contact: Ondine

Phone: 0421 279 522

Email: info@hathayogasydney.com.au

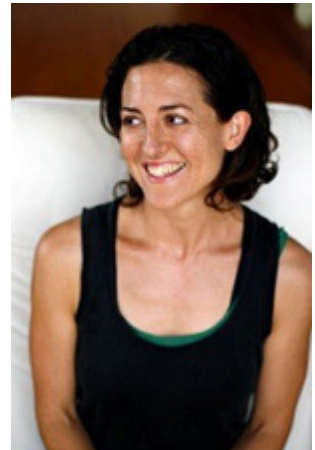
CANCELLATION POLICY

24 hours cancellation notice is required, otherwise the full fee will be charged.

ABOUT THE TEACHER: ONDINE SAVAGE

After completing her traditional yoga studies in Europe and India, Ondine returned to Australia six years ago with the aim of bringing more awareness and knowledge of yoga to those interested in the ancient practice and its benefits. Stress, anxiety and work place pressures tend to dominate corporate landscapes, so a company open to offering yoga is vital to a healthy office environment.

Ondine has over twelve years teaching experience giving classes, workshops and retreats, both nationally and internationally, which makes her the perfect person to encourage workers to discover how yoga can help them every day in their work-life balance.



Companies that are currently or have used Hatha Yoga Sydney services in the past include:

Ernst & Young, Norman, Disney & Young, BT Financial, First State Super, MinterEllisonRuddWatts Lawyers (NZ)

References are also available upon request.