

Would you like to reduce stress in the workplace,
yoga@work

yes

What is yoga?

Yoga benefits us by stretching our minds through stretching our bodies. This allows us to be in the 'now' instead of the 'now' being us. Increase workplace health and wellbeing regularly in a



non-competitive fun way! Practising since 1997, Carey teaches yoga that provides access for all ages, body types and fitness level. Make up a class of staff or come by yourself.

Choose your starting positions:

Suitable for all body types and fitness level

- **Light:** 30mins program, done at your place, focuses on poses useful for the time-short and desk-bound
- **Eager:** 60mins program, done at your place – whole body focus without props
- **Keen:** 90mins program, done before or after work in Caulfield Junction – utilises whole body with props for ease of access

on our mark...



yoga + ayurveda
+ meditation

CAREY ROHRLACH

caro way

www.caro.com.au

get set...

Choose your pace:

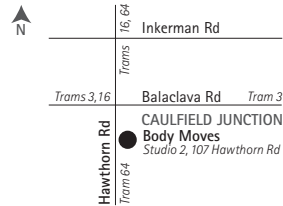
Minimum of 5 people for worksite class, or come individually to existing classes (times on website). Have a trial session then commit for discount to:

- Weekly x 5 weeks
- Fortnightly x 10 weeks

How it has already worked:

- Staff come from separate sites and unite-for an early morning class once or twice weekly
- Before staff function in a nearby park prompting the remark 'that's the best function we've ever had'
- In a boardroom meeting to increase awareness of and access to yoga
- In a primary school offered to teachers, students and parents in separate classes
- Over 2,500 years young, this wellbeing system is relevant for today's busy lifestyles

Keen location:



go!

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