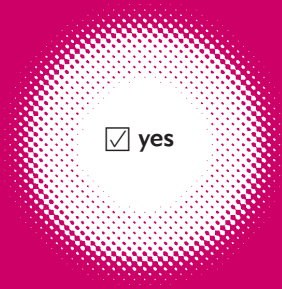


Would you like to reduce stress in your place?
meditation@work



What is meditation and yoga?

Meditation benefits us by starting with mind and stretches out. Yoga starts by stretching our bodies in towards mind.

This allows us to be in the 'now' instead of the 'now' being us. Cultivate health and wellbeing regularly in a non-competitive fun way! Practising since 1997, Carey teaches yoga and meditation accessible for all ages, body types and fitness level. Make up a group or come by yourself.



Choose your starting positions:

Resist our tendency to take things personally. Each session contains a talk, Q&A and meditation.

- **Light:** 30mins program, done at your place, focuses on poses useful for the time-short and desk-bound
- **Eager:** 60mins program
- **Keen:** 90mins program, done before or after work
- **Delivery:** in-person or via Zoom

on our mark...



get set...

Choose your pace:

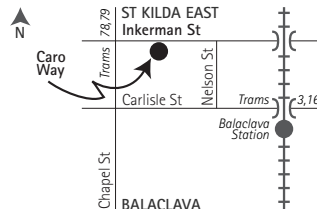
Minimum of 5 people for worksite class, or come individually to existing classes (times on website). Minimum of 1 for Zoom sessions. Have a trial session then commit for discount to:

- Weekly x 5 weeks
- Fortnightly x 10 weeks

How it has already worked:

- Staff come from separate sites in person or via Zoom and unite-for a 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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caro way



yoga + meditation
+ ayurveda

CAREY ROHRLACH