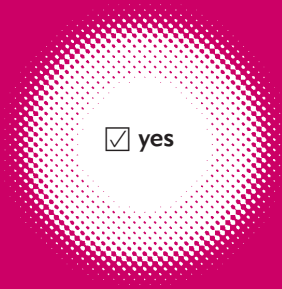


Would you like to reduce stress in your place?
yoga@work



What is yoga and meditation?

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

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 – utilises whole body with props for ease of access
- **Delivery:** in-person or via Zoom

on our mark...



get set...

Choose your pace:

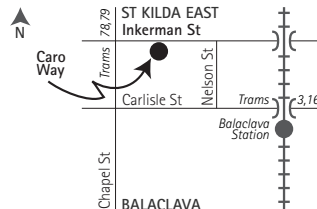
Minimum of 5 people for worksite class, or come individually to existing classes (times on website). Minimum of 1 for Zoom sessions. Have a trial session then commit for discount to:

- 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 ROHLACH