



# Workplace Wellness

breathe has been setting the bar for yoga, nutrition and wellness services in Rochester since 2002. We are now ready to bring these proven programs to the corporate environment to make *your* employees healthier and happier.

## New to Yoga Beginner's Series

A friendly and welcoming approach to help new students get the most out of their yoga experience. This 3-class series provides a seamless introduction to vinyasa yoga....relaxing, energizing and the perfect place to start.

*Yoga mats/blocks are not provided.*

Cost for Series (your location): : \$750

Cost for Series (breathe's scheduled NTY programs at studio): : \$25/person

## New to Meditation Series

The benefits of meditation can't be argued. This three-class series is intended to make meditation accessible to all. Wear clothing that allows you to sit comfortably.

*This session is done in a work environment, with chairs.*

Cost for Series (your location): : \$750

Cost for Series (breathe's scheduled NTM programs at studio): : \$40/person

New To Meditation as a One-Time, One-Hour Class: : \$350

## Catering for Workshops, Sessions or Corporate Events

breathe's food is fresh and housemade daily with seasonal, organic ingredients. We have nutritious and tasty breakfast options, wraps, sandwiches, salads, and sweet and savory treats. We also provide a variety of gluten-free and dairy-free items! View our catering menu at: [breatheyoga.com/catering](http://breatheyoga.com/catering)

If you have questions or would like to place an order, please email [kitchen@breatheyoga.com](mailto:kitchen@breatheyoga.com) or call (585) 248-9070 Ext. 1

## Lunchtime Lectures

On a variety of topics from yoga, nutrition and all aspects of wellness. Talks can be designed to fit within a fifty-minute lunch break.

Cost for Lecture (your location): : \$350

### Topics to choose from:

- \* Living Centered: Tools to Manage Stress and Increase Longevity
- \* New to Meditation
- \* Your Approach to Food: Shifting the Paradigm
- \* Is Sugar Making You Sick?
- \* Staying on Top of the Ever-Evolving Science of Nutrition: What You Need to Know
- \* Intentional Eating: The Best Medicine is at the End of Your Fork
- \* Superfoods
- \* Detox and Cleanse
- \* Anti-Inflammatory Eating
- \* You Are What You Eat, Digest and Absorb
- \* Making Sense Out of Supplements

For more information or to schedule a Workplace Wellness session:  
Call (585) 248-9070 Email [info@breatheyoga.com](mailto:info@breatheyoga.com)

