



Central Mass Yoga & Wellness, Inc.

Our highly qualified instructors bring extensive experience and certifications.

- 200 and 500-hour designations
- Gentle yoga and yoga for special populations
- Yoga for mobility
- Yoga for stress, anxiety, and trauma
- Meditation, mindfulness, and deep relaxation
- Experience working in corporate, nonprofit, healthcare, and educational environments

Workplace Yoga Program

Did you know?

79% of employees in a University of Bristol study said mental and interpersonal performance improved on exercise days.

(International Journal of Workplace Health Management)

Reduce workplace stress!

Increase productivity!

Promote healthy behaviors!

Start a yoga program in your workplace.

Our experienced and certified instructors will provide a customized yoga program designed for your employees and schedules.

Benefits of Yoga

- Improves focus
- Decreases stress
- Improves productivity and creativity
- Relieves pain from repetitive motion
- Prevents back strain
- Eliminates desk fatigue
- Counters screen drain
- Relieves constant standing

*"I have never felt better or happier and **totally fulfilled!** Thank you so much for introducing me to yoga and making it such an important part of my life!"*

F. Keating, Worcester

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www.centralmassyoga.com