

Invitation Yoga & Events



CORPORATE SERVICES GUIDE

2023-2024

OUR MISSION FOR BUSINESSES

Now, more than ever, top companies are realizing that the way to retain the best talent and reach key performance indicators is to help employees manage stress and avoid burnout. Invitation Yoga & Events will travel directly to your place of business to teach partners stress reduction strategies, coach them in breathing practices for emotional regulation, and build coworker cohesiveness through unique shared experiences.

Incorporating wellness strategies with Invitation Yoga & Events will reinvigorate team members, increasing workplace satisfaction and productivity.

SERVICES & PACKAGES

STANDARD SERVICES



The Lunch Break: 30 minutes of yoga only

\$50

Chill Time: 30 minutes of relaxation only

\$50

The Happy Hour: 45 min yoga, 15 min relaxation

\$100

Stress Management Workshop: Half day

\$400

Stress Management Workshop: Full day

\$800

Services and pricing guide

SERVICES & PACKAGES

THE YOGA STYLES

High-Energy Movement

These quicker paced yoga sequences focus on connecting breath to movement. Yoga mats and comfortable clothing are recommended, as practitioners enter into a variety of poses, including seated, standing, and supine.



Seated Stretch

Yoga does not have to include a mat, leggings, or a wide open space- all you need are chairs and a conference room. All poses in this yoga style are seated or use the chair as an optional prop for balance. Practitioners will learn stretches they can practice at their desks.



Restorative Movement

With restorative movement, passive poses are held for several minutes to deeply stretch the body and calm the mind. Many of the poses are done on the floor or lying down. Practitioners will use focused breath work to enter more deeply into the stretches.



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THE RELAXATION METHODS

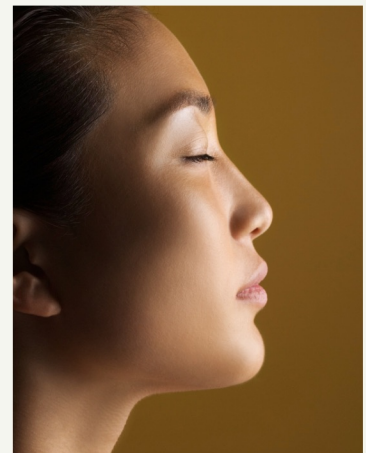
Sound Bath with Quartz Crystal Bowls

During a sound bath, the facilitator guides clients in a relaxation through sound. Participants are encouraged to find a comfortable position. People may use props such as eye coverings, blankets, bolsters, or pillows for added comfort. During that time, the facilitator uses a special mallet to “play” the crystal bowls, hitting them gently and then dragging the mallet around the edge of the bowl to extend and expand the sound. Each bowl is tuned to a unique Hertz frequency. The frequencies are said to align with different energy points in the body to encourage optimal energetic flow.



Guided Imagery for Stress Management

In guided relaxation, also known as guided imagery, the facilitator leads the clients through a positive visualization, guiding them to envision various scenarios in their mind's eye. They may be asked to explore the setting they are imagining and answer questions for themselves along the way. Guided imagery is a helpful tool for internal problem-solving, moving on from past frustrations and disappointments, and forming a more positive outlook.

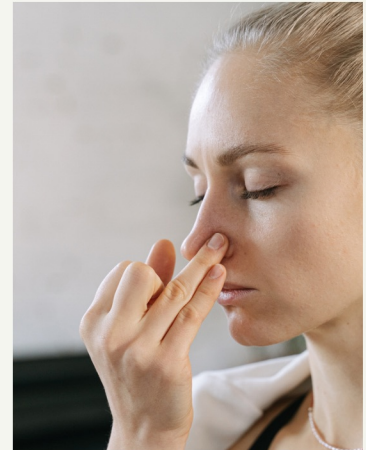


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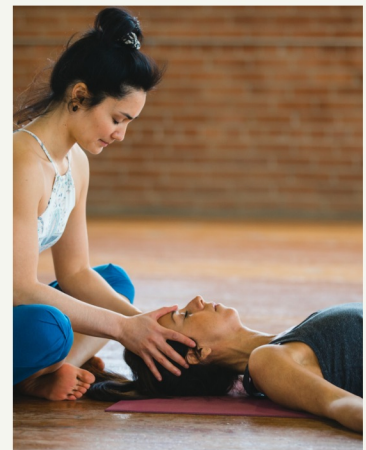
Breathwork Coaching

Breathwork coaching is designed to empower employees with tools and techniques for personal stress management through breath control. A variety of breathing techniques are practiced and shared to appeal to different preferences.



Extended Relaxation with Hands-On Assist

Extended relaxation with hands-on assist is the ultimate relaxation experience after a yoga sequence or guided imagery. Participants rest in a comfortable position while the facilitator provides gentle, hands-on pressure to areas of the body such as the shoulders, ankles, forearms, and calves. Gentle facial and occipital touch is incorporated with the optional use of essential oils to create a full body experience.



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THE FREQUENCY

DAILY

Incorporate relaxation and stress management into the daily routine of the workplace. Start the day off right with mindful movement, or enrich the company lunch hour so people are rejuvenated and finish the day strong.

WEEKLY

Give partners something to look forward to throughout the week by incorporating yoga or relaxation on a reliable schedule. Consider a "Wellness Wednesday," "Mindful Monday," or "Tree Pose Tuesday."

MONTHLY

Bring variety to your wellness program by focusing on new stress management techniques every month. Switch between different types of yoga, breathwork strategies, and guided imagery.

QUARTERLY OR ANNUAL WELLNESS DAY

Invest in a half or full day wellness workshop, and watch the investment pay off. Show employees appreciation by gifting them an extended time to focus on their mental, physical, and emotional health.

CUSTOMIZE YOUR PERFECT COMPANY EVENT OR WELLNESS PROGRAM



FULL CUSTOMIZATION

At Invitation Yoga & Events, we believe every business has a unique set of needs.

Full customization allows companies to tailor the time, space, yoga style, relaxation methods, and stress management techniques that would best benefit their partners and fit their wellness budget.

Contact Invitation Yoga & Events to design your custom wellness plan.