



Thank you for your inquiry about offering corporate yoga at your offices. As former legal and PR execs, we understand the value of time, so here are the fluff-free details on our on-site offerings:

On-Site Yoga Classes:

- **Type of Yoga:** We offer a range of practice experiences, from gentle and meditative to therapeutic or fiery and active. When we speak, we can quickly determine the most appropriate offerings for your staff.
- **Class Duration:** Generally 55-minutes, though this may be modified to suit your needs.
- **Facility Needs:** Open space or conference room with approximately 21 square feet (3 X 7) for each student attending class. For the first session or two, our instructor can bring props for a limited number of people (foam blocks, straps and mats), but after that, we would expect each person or the company to purchase their own mat, block and strap. These may all be purchased through us at a very reasonable rate.
- **Fee:**
 - One-time Class: \$150 (up to 10 people)
 - Once a Week for 10-Weeks: \$125/class or \$1,250 (up to 10 people)
 - Twice a Week for 10-Weeks: \$110/class or \$2,200 (up to 10 people)
 - Three a Week for 10-Weeks: \$100/class or \$3,000 (up to 10 people)

If above 10 people, the fee will be adjusted at the rate of \$8/person above 10/class.

On-Site Absolute Beginner's Workshops:

- **Description:** This hands-on, interactive workshop teaches the fundamentals of yoga, including basic postures, alignment, adaptations, breathing exercises, the concept of "flow" or "Vinyasa," and meditation in a very real-world format. No experience is necessary.
- **Class Duration:** Once a week for 4-weeks, generally 55-minutes per session, though this may be modified to suit your needs.
- **Facility Needs:** Open space or conference room with approximately 21 square feet (3 X 7) for each student attending class.
- **Fee:** [for the entire 4-week program]
 - For the first 10 people: \$500
 - For each person over 10: \$32

In addition to on-site classes and beginners' workshops, we also offer a series of 45-minute lunchtime wellness practice, from desk-side yoga to stress-management to headache and back-relief and can create custom lifestyle experiences from 30-minutes to 10-day executive retreats.

Feel free to contact our Midtown Center Corporate Liaison, Lisa Benner at lisa@sonicyoga.com, with any questions or to arrange a yoga program for your office.

All prices subject to modification/updating without notice.