



Workplace Yoga Investment

One live session \$200*

no sweat chair yoga and mindfulness meditation for up to 100 attendees

4 weekly live sessions \$750

invoiced at the end of the month

8 weekly live sessions \$1450

invoiced monthly

Employee Wellness Program \$1600

includes initial employee wellness survey, one live session weekly for 8 weeks, and choice of weekly 15 minute recorded wellness session or weekly email with additional wellness resources

*CLE credit available upon request

Virtual or in-person sessions available in the Tri-State Area.

In-person sessions outside of Nassau County incur additional \$50 fee

Additional \$50 for 100-150 attendees

