



laurel blossom yoga



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Yoga@Work

Yogis Please Bring

- Yoga Props - a mat and anything else you need to comfortably practice
- A journal or paper and pen (optional)
- Dress comfortably as you would for any yoga class

Event Agenda

Welcome Circle
Centering-Meditation-Journaling Opportunity
Yoga Practice - specifically designed to be accessible to all levels and abilities
Tea & Chocolate Social

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[facebook.com/laurelblossomyoga](https://www.facebook.com/laurelblossomyoga)

Connect NOW to schedule your private corporate

YOGA... TEA & CHOCOLATE! workshop

Location Options:

- Various Yoga Studios [facilities rental rates apply]
- Welcoming Venues [facilities rental rates apply]
- Private Home/Office

Professional Development
Retreat Enhancement
Employee Appreciation

3 hour private corporate workshop
Offering Organic India Tea and Theo Chocolate samples