



Align
SELF CARE

SEMINARS + SPECIALTY PROGRAMS

60 Minutes

COMING SOON! THE POWER OF AUTHENTICITY IN A WORLD THAT WON'T ALWAYS APPRECIATE IT

Authenticity is one of your greatest strengths. It is what makes you unique and special.

Being authentic means being honest and open about who you are, however, it is also important to accept that not everyone will appreciate it. Some people may be threatened by honesty or by your unique perspective. Others may simply not understand you. You cannot expect everyone to like you or to agree with you. In this workshop, we will unpack yoga tools to help us learn about who we are and be okay with it.

STRESS ARMOR: EQUIPPING YOURSELF WITH HEALTHY HABITS- Learn the myths and facts about stress, how it affects us physically and mentally, and how we can easily manage stress in positive ways, through yoga.

THE BURNOUT BATTLE PLAN: STRATEGIES FOR SUSTAINABLE SUCCESS-Burnout is a state of emotional, mental, and physical exhaustion that results from prolonged or chronic stress. Uncover the connection and differences between stress and burnout and our roles in helping to manage them.

STAND TALL, LIVE WELL: TRANSFORMING YOUR POSTURE, TRANSFORMING YOUR LIFE- Poor posture is a major cause of back pain, and workplace stress, which can result in poor employee health and low morale. The key to good posture is training our bodies to sit, stand, and walk well.

UNPLUGGING "TECH NECK" - Yes, it is real, and **there is a good chance you already have it**. The good news is that with awareness and common sense, we can prevent and reverse a lot of damage.

DESK YOGA TOOLBOX: TECHNIQUES & TIPS FOR A HEALTHY AND BALANCED WORKDAY- Our most popular workshop! Simple yet effective yoga poses and stretches that can be done right at our desks, even when they're busy. Boost energy, reduce stress, prevent back pain, improve posture, and more.

THE ART OF STILLNESS-INTRO TO MEDITATION -Quiet our minds and discover the benefits of the ancient practice of meditation. Learn how to get started, what to expect, and how to make time for meditation practice, even when you're busy.

MINDFUL NAVIGATION: SAIL THROUGH LIFE'S CHALLENGES WITH AWARENESS - Learn more about this overused catchphrase and how mindfulness can lead to better decision-making, stronger leadership skills, and better self-awareness.

BREATH OF LIFE- In this workshop, learn about working with the breath (Pranayama), which is excellent for boosting energy and vitality and calming the nervous system.

FOUNDATIONS IN YOGA-Designed to provide participants with an introduction to the practice of yoga. This workshop serves as an ideal starting point on your yogic journey.



YOGA CLASSES

15-60 Minutes

Custom Packages are available upon request.

MEDITATION -This ancient practice will relax your body and focus your mind. Meditation increases the quality of life, lowers blood pressure, enhances sleep, and more.

PRANAYAMA- A practice of breath retention or control. Can be done seated or combined with specific asanas (yoga poses). Boosts energy, vitality, and immune function.

CHAIR YOGA- A modified yoga class done seated in chairs and standing using the chairs for support. A great solution for office teams who are too busy or tight on space to participate in a traditional class with a mat.

ALL LEVELS HATHA YOGA -A beginner-friendly class that focuses on a mix of stretching, strengthening, and balancing poses, as well as breathing and meditation.

VINYASA YOGA- A highly energized and fast-paced style of yoga. Each class will finish with stretching and relaxation. Participants should be somewhat fit before starting this intermediate class.

YIN YOGA-This style of yoga targets the connective tissues, like ligaments and tendons. Yin Yoga involves long-held, static poses to deeply release tension. Props are needed for this class, such as cushions and blankets.

FOUNDATIONS IN YOGA-Designed to provide participants with the groundwork for some of yoga's most foundational poses. This class is appropriate for all levels, including absolute beginners.

Also available as private sessions

All include:

- 2% back in loyalty rewards
- Complimentary Consultation and Preconference Meeting
- Marketing and Promotion to Attendees
- Staff Surveys (upon request)
- Budget Pricing not Based on Attendance
- Discounts Available for Multiple Programs

