



"If you don't take care of your body... where will you live?" (K. Yamada)

Join us for a **Workplace Yoga Workshop** that will focus on:

- The Breath
- Head and neck
- Relaxing and Opening Shoulders, Back, Chest, Arms, Hands
- Eyes
- Body Warm-Up
- Standing Poses
- Meditation/Relaxation Sequence

Give yourself 1h to... *breathe, stretch, release stress, strengthen, quiet the mind, relax, and feel better!*



#### **A little more about Bliss Office Yoga Workshops/Classes...**

Yoga is an evolving practice for over 5000 years.

The stretches, poses and breathing practices will be tailored for practice in a work environment, and often at a workstation either standing or sitting. These practices will release stress from your body, relaxing and energizing it, create more even breathing, and help to quiet and focus your mind. Although it may seem a bit awkward initially to practice yoga in a work environment, doing these practices will improve your overall health and well-being and simply make you feel better!

And these tools will be useful in your everyday life.

Irena has conducted Workplace Workshops & Classes for Bell Canada, Wrigley's, a Toronto financial services client, among other clients.

To learn more, visit [www.aboutbliss.com](http://www.aboutbliss.com) (follow Yoga link)  
Contact Irena by **ph 416 594-0004** or **email [irenabliss@gmail.com](mailto:irenabliss@gmail.com)**

**Testimonial:** *"Bliss Yoga has enhanced my life in ways I never thought it could. We live in a world that places many demands on our body and mind. Yoga offers a mind and body experience, like no other, you strengthen physically while calming mentally. It's nice to put everything aside for an hour each week and truly reflect and restore. I love the atmosphere, the thought and care that Irena puts into every class."* S.Perovic, President, Loopmedia Inc.

**Bliss Yoga Workplace Classes...All Levels Welcome!**  
by Irena, B.A.Sc., M.A.Sc., P.Eng., Certified Kripalu Yoga Teacher