

Custom yoga & meditation classes for your employees

Asia Wolf makes creative guided meditation and yoga classes for students of all experience levels. Each class is customized on a theme and works with your space to provide an engaging yet relaxing wellness experience. Asia is a YTT-200 hour Yoga Alliance certified instructor focusing on accessibility and mindfulness.

Our staff has enjoyed their sessions, specifically how they feel afterwards and how they have enjoyed their time together as a team. Asia is very personal with her approach – she puts together exercises that open us up and stretch the muscles that we tend to overuse throughout our workdays.

– **ANDREA HANS**
Owner at [@broomestreetssociety](#)

WHY INCLUDE YOGA & MEDITATION AS AN EMPLOYEE BENEFIT?



Physical and mental flexibility helps increase productivity and creativity at work



Improves concentration and reduces stress for better interactions and teamwork.



Yoga reduces tension, improves posture and reduces risk of injury



Eliminate employees' need to travel to and from fitness classes

CLASS OPTIONS

Discounts are offered for long-term commitments and clients can receive \$100 towards their classes for referring new clients.

30 MINUTES

Yoga or Meditation sessions that require no experience, mats, or workout clothes.

60-75 MINUTES

Combined Yoga & Meditation classes themed around your company's values and culture. Accessible for all experience levels.

HAPPY HOUR & BRAND EVENTS

30 – 45 minute Yoga or Meditation sessions, with a happy hour following. Custom cocktails, beverages, and snacks included.

GETTING STARTED

This onboarding process takes less than 1 hour of your time, and is designed to set up your team to offer classes for your company.

Schedule a call

Share a bit more on what you're looking for and pick a time for a free consultation meeting. [Get Started ➡](#)

Review your wellness plan

Overview of your custom-designed program that incorporates your company values and culture goals

Q&A Session

Over a call or email we'll answer any remaining questions about getting started.



ADDITIONAL QUESTIONS?

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