

STEPHANIE·ROSEYOGA
your health evolution 

***NEW* Beginners Classes**
Desk Yoga for Stress Relief
Yoga Lifestyle at the Workplace

The Next Step in Your Health Evolution!

Background

Every day we experience some form of stress in our lives, either as tension in our bodies, pressure on the job, or worries in our mind. Virtually everywhere we turn we are presented with unhealthy escapes from this stress. Our workplace is no exception. Whether or not it's that donut in the break room, an unplanned shopping spree over lunch hour, or compulsive Internet use, these tendencies lack the deep nourishment and sustainable relief we need. Workers of the modern workplace can benefit from learning nurturing yoga exercises and healthy yoga lifestyle practices to relieve stress, improve health, and promote happiness.

About Desk Yoga and Yoga Lifestyle Classes

Desk Yoga and Yoga Lifestyle Classes are a refreshing interpretation of the holistic yoga and lifestyle practices of ancient India brought to the modern workplace. Desk Yoga for Stress Relief is a simple yoga practice done at your desk or chair. It is made up of standing and seated stretches for the legs, shoulders, neck, wrists, and hips. These stretches provide relief from sciatica, stiff shoulders, arthritis, and much more. This class also includes breathing exercises and walking and seated meditation. Together, these practices open up the body and mind to relieve tension. When the body relaxes, the mind clears and our emotions are balanced. Yoga Lifestyle at the Workplace includes some of the same stretches and incorporates the use of herbs, essential oils therapy, self-massage, and other mindfulness practices to our daily workplace routine for greater balance, relief from tension, and improved health.

Learn More!

Learn Desk Yoga for Stress Relief and/or Yoga Lifestyle at the Workplace today! Invite our experienced yoga teacher and wellness provider to your office. Each class is duration of 1-hour. For questions or more information about the instructor, visit us at www.stephanieroseyoga.com.