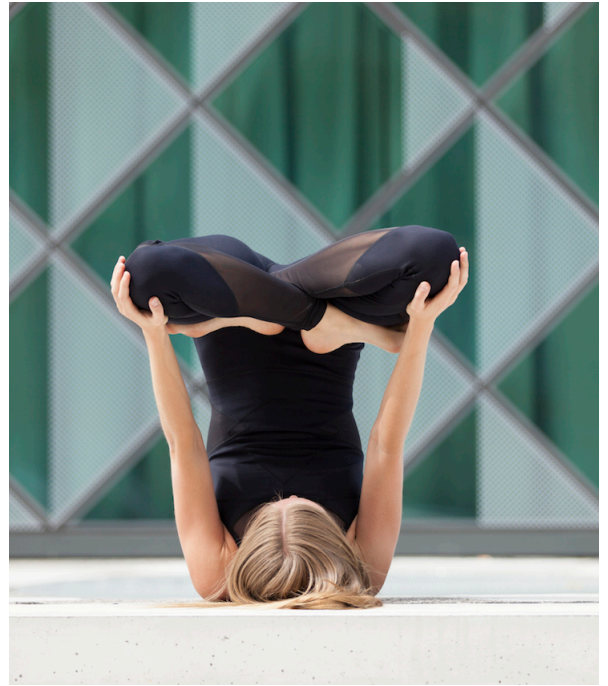


# Yoga Classes with Marta



## WHY YOGA CLASSES AT YOUR OFFICE?

- ▶ Boost energy level & improve concentration
- ▶ Develop flexibility & strength
- ▶ Reduce stress
- ▶ Restore balance
- ▶ Weight loss & management

In my experience working with corporate clients in Berlin, onsite yoga helps establish a strong sense of community, ease and mental well-being at the office.

## HOW DO WE GET STARTED WITH YOGA CLASSES?

Once we find a time that's convenient for you to hold a class, just bring your yoga mat and comfortable clothing, and I'll take care of the rest. I'll tailor the yoga programme to your group's abilities and health goals.

To book a class just drop me an email and let's get practicing!

Prices: 80€ + VAT

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