



How often do you come home from work and say,  
"I just had another tranquil day at the office"?

### Yoga Makes it Possible

It doesn't take as much space as you think! We can use a boardroom, lunchroom, or a spare office. Classes can take place during the lunch hour or any time of day.

Yoga can provide employees with simple, safe, and easy ways to *reduce tension and stress*. Yoga offers healthy solutions for the challenges of daily life. Yoga can also help with health conditions typically associated with office work and repetitive movements. Yoga is a scientific methodology and delivers quantifiable benefits such as:

- Decreased muscle tension
- Better sleep
- Increased energy levels
- Ways to cope with stress
- Decreased back and neck pain
- Enhanced concentration and productivity
- Decreased absenteeism

By increasing morale and productivity, yoga programs can add to a business's your bottom line. Jennifer brings the skills and knowledge and all you provide is the space. Employees love lunchtime yoga — they come back focused, energized, and not sweaty!

In the current economic climate the degree of stress and increased workload on staff can damage corporate functionality. Yoga is a *cost effective* strategy for helping employees manage physical and mental stress.

Yoga is a hit with companies both large and small. Call to find out how your business can benefit from yoga!

**Contact:**      **Jennifer Houghton**  
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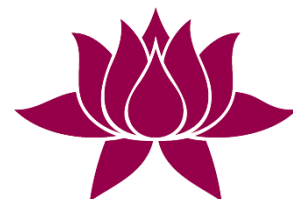
### Jennifer Houghton Certified Yoga Instructor

As a yoga and fitness instructor with over 13 years experience, Jennifer's mission is to share the benefits and joy of yoga with all.

She has taught yoga and fitness at some of Calgary's major centres, including the Talisman and Westside Recreation.

With a background in fitness and dance, Jennifer brings special attention to safety, alignment, and practical techniques. She loves to see people unwind, focus, concentrate, lighten up, relax discover, move freely, and energize through yoga.

Her approachable style makes yoga accessible and fun for all levels from beginners to more advanced students.



**Rates Information for Workplace Yoga, Private Yoga, Workshops, and Yoga Parties**  
with Jennifer Houghton

**WORKPLACE YOGA**

It doesn't take as much space as you think! We can use a boardroom, lunchroom, or a spare office. Classes can take place during the lunch hour or any time of day.

- For classes in Calgary of up to 20 participants: \$100+GST per 1-hour class.
- For classes of more than 20 participants please contact Jennifer for rates.
- Participants bring their own yoga mats and blankets. The use of other props such as straps or blocks may be recommended.
- Your company can decide if employees make a personal investment or if the company covers the costs.
- Cochrane businesses get 30% off the above rates.

**CUSTOMIZED WORKSHOPS**

These can be created to suit your needs. Workshops tune into specific conditions such as:

- Back, foot, or shoulder pain
- Posture
- Stress

We can focus on special techniques for:

- Desk yoga
- Yoga for travel
- Meditation
- Team building

Call 403-932-6109 or [email](#) to talk about customized workshops.

**PRIVATE YOGA LESSONS (Calgary rates)**

1 Person	2 People
1 session — \$85/session	1 session — \$100/session
6 sessions — \$80/session	6 sessions — \$90/session
12 sessions — \$70/session	12 sessions — \$85/session

Sessions are 1.25 hour in your home. Gift certificates for private sessions are available. Cochrane residents get 30% off the above rates. Sessions in Cochrane can be in-home or at the studio.

**YOGA PARTIES!**

**\$150 for 1.5 hours**

- bridal showers
- birthdays
- work parties

Parties in Cochrane get 30% off. Studio in Cochrane is available for parties.

**Contact:** Jennifer Houghton, 403-932-6109, [jennifer@flowingyogi.com](mailto:jennifer@flowingyogi.com), [www.FlowingYogi.com](http://www.FlowingYogi.com)  
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