

CORPORATE WELLNESS

Weekly Yoga & Mindfulness Schedule

Quarter: Q3 2024 Facility: Studio A / Terrace

TIME	MONDAY	WEDNESDAY	FRIDAY
08:00 AM	Sunrise Flow <i>East Terrace</i>	Vinyasa Core <i>Studio A</i>	Gentle Wakeup <i>Studio A</i>
12:30 PM	Desk Therapy <i>Conference Room B</i>	Guided Meditation <i>Quiet Zone</i>	Power Hour <i>Studio A</i>
05:15 PM	Restorative Yoga <i>Studio A</i>	Hatha Balance <i>Studio A</i>	Decompress Session <i>East Terrace</i>

Please bring your own mat. Sessions begin promptly at the listed time.

Contact wellness@company.com for private bookings.