



CORPORATE YOGA PROGRAM

live well → work well

Welcomes

We would like to extend a huge welcome to Shanti Yoga!

We are excited to partner with you and offer premium pricing to participate in our Corporate Yoga Program. Below you can find all the details for your Corporate Yoga membership!

Come try it for **FREE** for two weeks!

Program Offering

Type of Membership	Regular Member Rate	Corporate Yoga Rate
Monthly Membership (Auto-Renew)	\$125	\$87

Savings of 30%. A \$38 monthly savings!

Plus:

- Access to Halifax, Bedford & Dartmouth Studios
- 10% discount on workshops
- 10% discount on retail items
- Two week free trial

* \$87/month - Renews automatically each month. NO COMMITMENT REQUIRED

* Discounts apply to members and their immediate family

* Current members can transfer to the corporate membership

* This offer cannot be combined with any other discount or promotion

* For those who receive the benefit of health & wellness dollars from your employer, the option is available to use this for a partial reimbursement.

We look forward to seeing you at the studios!

**REGISTER ONLINE
FOR YOUR
2-WEEK **FREE** TRIAL!**

Enter promo code
"FREE2" at checkout.

Register Now

**GET YOUR
CORPORATE
MEMBERSHIP**

Enter promo code
"CORPORATE1" at
checkout.

Join Now

Or visit us **in person** at
any of the three studios.

shantihotyoga.ca



Above: Kyla MacKinnon, Manager SHY Halifax
Taylor MacGillivray, SHY Co-owner
Below: Uriel MacGillivray, SHY Founder

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Work-Life Balance: Make It Your Business!

Founder of Shanti Hot Yoga (SHY), Uriel MacGillivray knows first-hand about the stresses of holding a corporate management position, travel, and the demands of raising a family entrenched in team sports. It was go, go go during those years. Although leading a healthy active lifestyle something was missing.

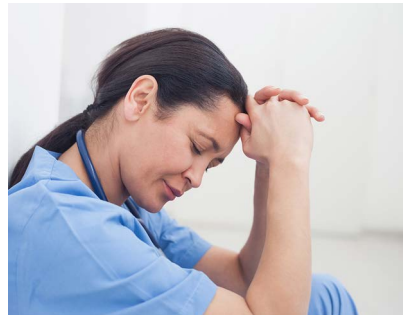
“ I was tired of staring at the equipment at the gym and counting repetitions in my head. Yoga practice allowed me to be present in the moment and taught me how to breathe. Immediately my family and co-workers noticed the positive changes. I became calmer and more effective at making decisions at work. My work productivity and creativeness increased and my stress levels decreased. ”

Seven years and three yoga studios later, Uriel is excited to offer HRM businesses a solution that hits right at the heart of work-life balance!

Why Yoga?

Yoga is a solution to the top three health reasons why employees miss work!

“ Health is a state of complete harmony of the body, mind and spirit. When one is free from physical disabilities and mental distractions, the gates of the soul open. ”
~B.K.S. Iyengar



Work Stress

- Yoga calms the busy mind, promotes clear decision making and restful sleep.
- Reaction to stressful situations is improved through breath awareness and meditation techniques.
- Yoga develops feelings of well being and positive thoughts.



Life Style Illnesses

Cardiovascular | Diabetes | Obesity

- Yoga increases the heart rate, improves circulation and reduces high blood pressure.
- Yoga increases metabolism, burns fat, and builds a strong body from head to toe.
- Yoga reduces stress which may make blood glucose levels more manageable.



Muscle & Joint Pain

- Yoga improves balance, strength, and coordination.
- Yoga lengthens muscles & increases range of motion.
- Yoga keeps your joints flexible and healthy.
- Yoga reduces back pain and improves posture.

“
Employers have
the power to create
a culture of health
consciousness—
and it's good
business to do so.”
~Uriel MacGillivray



Return on investment

Reduced absenteeism | Improved work performance | Decreased health insurance premiums

Employers who promote yoga as part of their wellness initiatives are providing preventative health alternatives and the payoff is huge. Yoga is a holistic approach to a healthy body and a healthy mind and it directly improves stress levels, the number one health risk for Canadian Companies.

Yoga is accessible to everyone

You don't need knowledge or experience to practice Yoga. Classes are designed for all levels and abilities. Working at your own pace, your practice is supervised by an experienced teacher inspired to provide a unique personal experience to every student.

[\[click here to learn more about our experienced teachers\]](#)



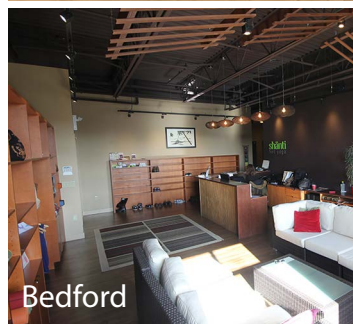
Emilie Fabre, SHY General Manager



Dartmouth



Halifax



Bedford

Shanti Yoga Studios Serving HRM Communities

THREE LOCATIONS. ONE COMMUNITY.

- Three locations in HRM
[\[Dartmouth, Bedford & Downtown Halifax\]](#)
- Local family-owned studios
- Professionally designed eco studios
- 12,000 sq feet of space with 5 practice rooms
- Beautifully appointed change rooms with rain head showers, custom millwork, & amenities.
[\[click here to take a tour of the studios\]](#)
- 95 classes per week + workshops, meditation, prenatal, yoga for youth, mom & baby classes
- Heated, reduced heat & non-heated classes
- Class diversity to suit all levels of ability
[\[click here for class types\]](#)
- 50 minute noon classes available at each location to fit lunch-time schedules
- Tea service
- Pet friendly

“
Clients do not come first.
Employees come first.
If you take care of your
employees, they will take
care of the clients.”

~Richard Branson

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