CORPORATE YOGA + WORKPLACE WELLNESS

A calmer workday can begin in one room.

Traditional mat-based yoga brought to Northern Virginia and Washington, D.C. workplaces - thoughtfully planned, beginner-welcoming, and shaped around your team, room, and business day.

LED BY LEEZA	AVAILABLE
Teaching since 2019 Advanced yoga study approaching 1,000 hours 600+ completed, documented training hours	Business hours One-time or recurring programs

PRIVATEYOGANOVA.COM/CORPORATE-YOGA

alkaliyogi@yahoo.com | 571 970 8278

PROGRAMS + INVESTMENT

A clear place to begin - and room to continue.

Each engagement includes an organizer planning call, advance room and participant guidance, calm all-level instruction, and a brief organizer follow-up. Companies or participants provide mats and any desired props.

ENGAGEMENT	FORMAT	STARTING INVESTMENT
Workplace Yoga Reset	One 45-minute session	**$295**
Team Yoga Practice	One 60-minute session	**$350**
Four-session Pilot	Four 45-minute sessions	**$1,080**
Four-session Pilot	Four 60-minute sessions	**$1,280**
Eight-session Reset Series	Eight 45-minute sessions	**$2,040**
Eight-session Team Series	Eight 60-minute sessions	**$2,400**
Twelve-session Program	Twelve 45-minute sessions	**$3,000**
Twelve-session Program	Twelve 60-minute sessions	**$3,540**
Wellness Event or Retreat	Custom scope	**From $475**

RECOMMENDED START

Four-session workplace yoga pilot

A once-weekly pilot gives employees a consistent, approachable experience while giving the organization enough time to assess participation and fit. When the pilot works well, continue with an eight- or twelve-session program.

Location note. Base pricing assumes one on-site location in Alexandria or nearby Northern Virginia. Washington, D.C., extended travel, paid parking, tolls, and special access requirements are added to the written proposal.

All prices are starting investments. Final attendance, location, schedule, access, and program scope are confirmed in a written proposal.

PLANNING THE EXPERIENCE

Simple for the organizer. Considered for the team.

1 **Share the essentials**
Location, preferred date or cadence, room dimensions, expected attendance, and the workplace goal.

2 **Confirm the format**
Choose 45 or 60 minutes. There is no fixed participant maximum; safe capacity is confirmed from the room and mat spacing.

3 **Prepare the room**
The organization or participants provide mats and props. The organizer reserves clear floor space and shares preparation guidance.

4 **Receive the proposal**
Final scope, investment, travel, access, scheduling, and commercial terms are documented before dates are confirmed.

RELEVANT GROUP EXPERIENCE

SPRING 2022	SPRING 2024
George Mason University rowing team Private team yoga engagement arranged through 532Yoga.	**American Physical Therapy Association team** Group yoga engagement arranged through Mind the Mat.

BEGIN A CONVERSATION

Tell Leeza what your team is planning.

alkaliyogi@yahoo.com | 571 970 8278
privateyoganova.com/corporate-yoga

Private Yoga Nova LLC provides educational yoga and movement instruction, not medical care, diagnosis, treatment, physical therapy, or individualized rehabilitation.