



YogaLou
Yoga Studio

Corporate Yoga

Bending Over Backwards at Work?

- Weight Loss over Winter
- Alleviate Muscle Tension & Stress
- Improve Posture & Back Pain
- Achieve Work – Life Balance
- Corporate Wellness & Productivity
- Any Level of Fitness or Experience

Classes run before, during or after work

Free Consultation

www.yogaloustudios.com

Call Leanne - 0424 994 982