

# *Sangha is bringing Yoga to your Office...*

**\*Yoga can be physically dynamic, quiet and passive or both.**

**\*Yoga works as preventative medicine for mind and body**

**\*We customize classes to suit your needs.**



## **Benefits of yoga**

- Increases strength and flexibility and creates a detox effect for the body
- Improves muscle tone, helps lose or maintain healthy weight
- Relieves stress related conditions like insomnia, digestive issues, respiratory and nervous disorders
- Corrects common complaints of employees in workplaces of back, neck and shoulder pain.
- Improves focus and concentration and therefore productivity.
- Improves work life balance
- Releases feel good hormones (endorphins)
- Provides rejuvenation

## **Program Details (How it works)**

We can arrange classes at your convenient times, days and location. Our studio is available for these classes or we can come to you at your preferred location. We can run group classes (with a maximum number of 15 students) once a week or twice a week for a group. We customize classes for runners, golfers, triathletes etc. One on one private sessions can also be arranged.

## **Sangha's Teachers**

We have a dedicated team of experienced teachers trained in many different styles of yoga (Power Vinyasa, Yin, Anusara, Iyengar, Universal etc.).

***For Corporate Rates and other enquiries , please email Nadia Faruki at  
[info@sangha.com.sg](mailto:info@sangha.com.sg)***

***We are located at 56A Kandahar Street – [www.sangha.com.sg](http://www.sangha.com.sg)***

***Tel: 62967202, 92331159***

