



Picture this...

Harmony in the office, a

staff at *Peace* with themselves and you,

the ultimate feeling of *Wellness*

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Turn this dream into a reality by having **Yoga With Lora** come to your office for her **Wellness at Work** series. Chamber members **take \$25 off** the regular event rate for this offer. Gain the most from your employees by equipping them with the tools they need to cope with work-related stress. Presented as a **four part series**, with each segment being **45 minutes long**, Lora will teach your employees how to **reduce work-day fatigue, anxiety and stress while increasing productivity, creativity and wellness.** This workshop is perfect for any high anxiety careers such as sales, medicine, law or teaching. **Namaste**

For more detailed information, visit the web:

www.YogaWithLora.com

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