

A RELAXED AND
ENERGIZED STAFF IS
A PRODUCTIVE STAFF



DAVID WILSON IS AN EDMONTON-
BASED YOGA INSTRUCTOR,
BREATH THERAPIST, CONDUCTOR,
VOCAL INSTRUCTOR, AND SINGER.
OVER THE LAST TWELVE YEARS
HE HAS DEDICATED HIMSELF
TO THE CREATION OF
OFFICE YOGA – DESIGNED
TO ASSIST BUSY OFFICE WORKERS
IN FEELING HEALTHIER,
HAPPIER AND BETTER ABOUT
THEMSELVES.

*Stretch
and Breathe
for a
Happier Office...*

David Wilson

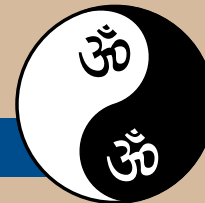
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David Wilson

**OFFICE
YOGA**

**YOGA
WORKSHOPS**

**TEAMWORK
RETREATS**



780.455.0318

www.body-breath-voice.com

stretch...



*Help
your body
help itself.*

Office Yoga is:

- Non-competitive and process oriented
- Relaxing and energizing
- Fun and easy to understand
- For everyone

Benefits of Office Yoga:

- Reduced stress and anxiety
- Increased energy and stamina
- Decreased muscle tension and pain
- Increased physical and mental flexibility
- Improved efficiency and productivity
- Enhanced concentration, memory, and clarity
- Heightened self-esteem
- Improved mood and enthusiasm
- Enhanced health and well-being
- Stronger immune system for a healthier work force

Four Office Yoga Series Offered:

Each Series is designed to be completed in 5 minutes, for a healthier, happier, and more productive day.

Office Yoga Series 1 – our first series, good for beginners to yoga pros.

Office Yoga Series 2 – a little more challenging – designed to follow Series 1.

Morning Yoga for Office Workers – shake off the morning fog and feel energized for the day.

Evening Yoga for Office Workers – to be done just before bed, for a better sleep, and a better tomorrow.

Included: Each workshop attendee will receive a full-colour permachart of the series offered. Designed to be placed in one's workspace, with reminders for each day of the week – just to make things a little easier!

Available: Morning or lunch workshops, evening or weekend retreats. One workshop per series is recommended.

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