



CORPORATE
YOGA & MOBILITY
CLASSES

PROVIDED BY

ZENCORP
W E L L N E S S



Why Invest in Workplace Wellness?

For every \$1 invested in workplace wellness, a company can expect \$3 in cost savings or benefits.

Introduction

At **ZENCORP** we believe that if you don't make time for wellness, you will be forced to make time for illness.

We are in service to help prevent this through our carefully curated classes, programs and services that will help optimize the wellness in your residence or office.

Our highly skilled staff are trained to help bring balance between wellness and work and provide the tools to help our clients thrive at both.



Problems with Health Care

Canadian Health Care is actually sick care system and for those who need treatment, they can expect to spend months on a waiting list. Can you afford to have sick employees for months on end? Prevention is cheaper than 'the cure'.

WE HAVE A HEALTH CRISIS ON OUR HANDS

Some students have been forced to return to remote learning, workplaces are reporting a 50% increase in the number of workers on sick leave, hospitals are dangerously understaffed and at capacity. - [The Guardian](#), 2022

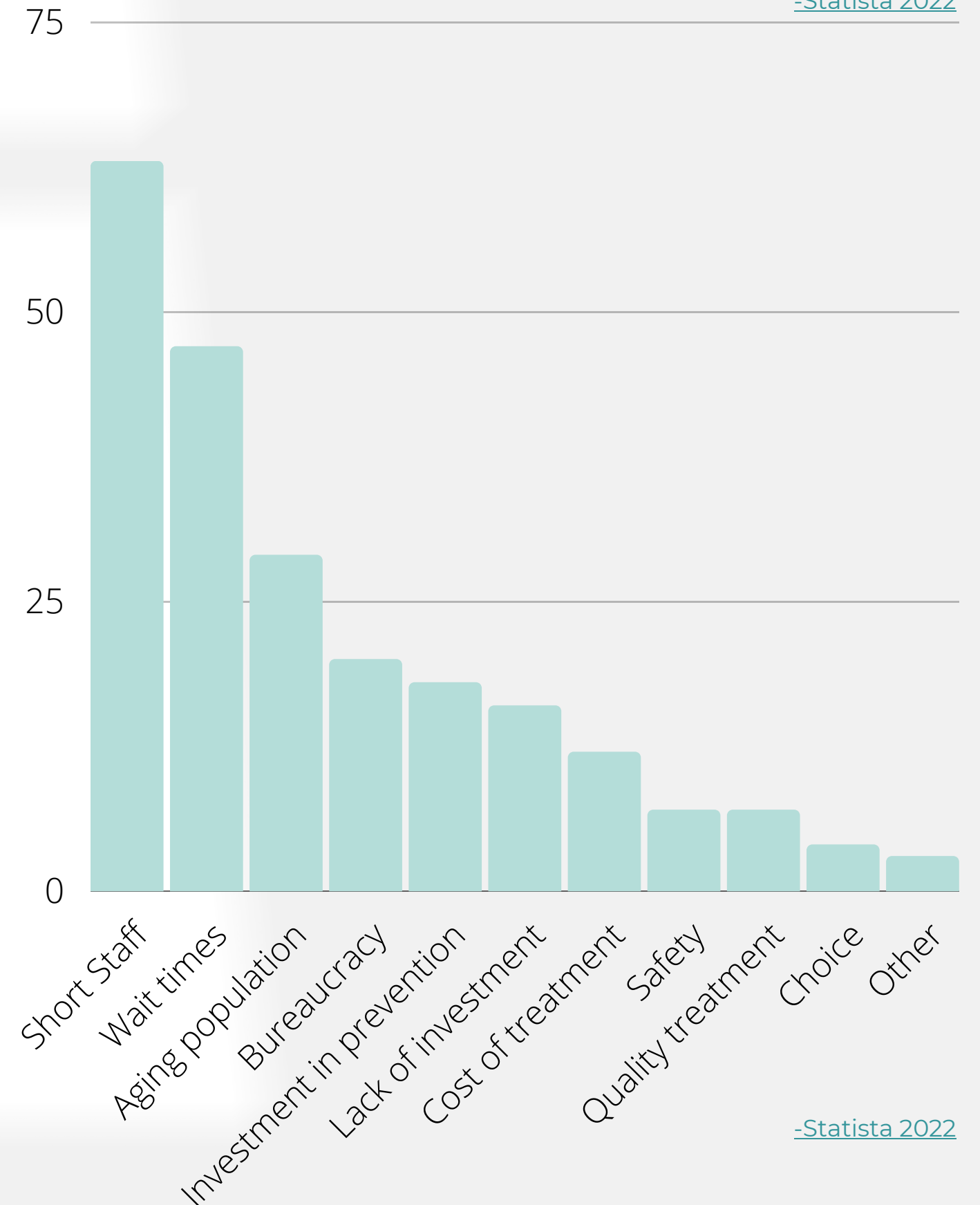
The Canadian federal government announced (EI) sickness benefits will be extended from 15 weeks to 26 weeks, effective December 2022.

Employees who qualify will be eligible for up to 26 weeks of EI sickness benefits and will receive those benefits provided they meet the eligibility criteria. Private-sector can receive a maximum length of unpaid medical leave from 17 to 27 weeks under the Canada Labour Code.

This will ensure that employees have the right to take unpaid job-protected leave while receiving the extended EI sickness benefits. - [Mondaq.com](#)

Share of individuals who said select problems were the biggest facing the health care system in Canada in 2022

-[Statista 2022](#)



-[Statista 2022](#)

Reap the Benefits of Bringing some ZEN to your office or corporation

Benefits to the Corporation

- Less sick-leave for employees
- Reduced health care premiums
- Employees experience more job satisfaction and are more productive at work
- Reduced employee absenteeism
- Higher job satisfaction amongst employees
- Employees have more energy and feel less stressed

Benefits to Employees

- Improved posture
- Increase in energy, focus and productivity
- Improved overall health and reduced risk for disease
- Build strength and flexibility which reduces chance of injury
- Healthier habits inspire more healthier habits.



Our Most Popular Classes



HATHA YOGA

Hatha Yoga is the most recognized type of yoga we teach. It involves a series of poses to help build balance, strengthen the muscles and improve posture & flexibility.

We cater our classes to all ages, levels, and class sizes. Students will need a mat to practice on, comfy clothes and a water bottle.



CHAIR YOGA

A popular solution to limited space or to accommodate students with minimal mobility, Chair Yoga is a popular choice—no mats are required!

Classes can range in levels of difficulty and poses and are highly effective in improving blood flow, posture, and flexibility.



LAUGHING YOGA

Laughter truly is the best medicine, and we like to incorporate it into our classes. This is by far our most fun class, it requires minimal movement, no skill or mats and no age requirements.

It boosts endorphins, increases oxygen to the brain which increases energy and it's easy to laugh!



FITNESS FUSION

This class combines basic fitness training with yoga poses and movements. It's a fun, fast-pace fitness class that incorporates cardio and can include tools or props to add levels of difficulty to the training.

Modifications can be made to accommodate students & class sizes for the best fit.

HATHA YOGA

Hatha yoga is an excellent class for beginners and teaches fundamental breathing techniques, basic poses and is followed by a deeply restorative sivasana with a guided meditation. , breathing techniques and meditation. Students will work major muscle groups, build strength and flexibility over time and will feel more grounded, focused and relaxed immediately after class.



VINYASA

Vinyasa Yoga is more intermediate/advanced than Hatha yoga, it's more challenging because it requires students to move at a quicker pace and flow (vinyasa) through the different poses quite quickly and seamlessly. It is an invigorating class and will strengthen all the major muscles groups and most students will work up a sweat. An extra set of gym clothes, a towel and a water bottle are highly recommended. Our teachers are trained to modify their practice to accommodate various levels of difficulty.



POWER YOGA

Power yoga is similar to vinyasa in that it is a fast-paced practice that seamlessly moves between poses and aligns movement to breath. Classes are designed to build strength through cardiovascular activity and is more fitness based than calm and meditative. Power yoga is an intermediate or advanced type of class but modifications can be made to accommodate new yoga students. Students can expect to break a sweat and should bring a change of clothes and a water bottle to class to stay hydrated.



RESTORATIVE

Unlike other yoga, restorative yoga sessions are slow-paced, deeply relaxing and are appropriate for all levels of students. This class is simple, it requires students to simply calm down and focus on the breath while experiencing a restful practice in which props such as blankets, blocks, bolsters are used to support many of the postures—making them almost effortless. Poses are held for long durations and students are then able to tune in and become mindful of any sensations in the body, thoughts and to enjoy the stillness of a meditative practice.

This practice is very gentle on the body, it promotes relaxation and decreases stress levels. It also improves sleep patterns and mental well-being.



CHAIR YOGA

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LAUGHING YOGA

Did you know that the brain can not differentiate between real laughter and fake laughter? Why that's so important is because laughter is the best medicine. This class draws from pranayama breathing techniques and laughter exercises to optimize oxygen in the body, brain and to laugh stress, worries and even pain away. By increasing oxygen levels, students will benefit from a boost in energy, increased focus and clarity which results in more productivity and the main takeaway is that students learn that they can shift their mood easily and effortlessly, giving them more control over internal and external stimulus.



YOGA DANCE

Yoga Dance combines two practices and seamlessly merges them into one class that allows students to move creatively and learn to express themselves through their body while combining traditional yoga poses, sequences and connecting body, mind and breath and is open for all levels.

This practice will allow you to express yourself through movement, have fun while incorporating dance movements with a touch of musicality. This class will help boost self-esteem, improve body awareness, coordination and make students feel energized as they work together to create a choreographed flow.



FITNESS FUSION

This class is a combination of yoga vinyasa and fitness. It's divided into two sections, the first 1/2 of the class provides a high energy, challenging aerobic style workout through a dynamic conditioning class that gets the whole body moving and activates all major muscle groups. Think pilates conditioning, strengthening blended with fitness training aimed to tone and sculpt the body, improve balance, coordination and range of motion. Depending on the class, we can include workout props such as free weights, resistance bands, yoga blocks and more. This is a great workout and appropriate for all levels.



Overview of Classes



The following chart outlines our classes and their requirements

Class Types	Yoga Mat	Pranayama	Need Props	Sound Bath	Meditation
Hatha (intro - all levels)	■	■		■	■
Vinyasa (vigorous flow of movement)	■	■			■
Power Yoga (intermediate)	■	■			■
Restorative	■	■	■		■
Chair Yoga (all levels)		■	■	■	■
Laughing Yoga (all levels)		■			■
Yoga Dance	■	■			■
Fitness Fusion	■	■	■	■	■

Our 3 Step Process



Pranayama



Mobility / Movement



Mindfulness

Meditation



Pranayama

Pranayama are breathing practices that follow specific patterns and can be performed individually as a meditation practice or consciously guided through a yoga practice. There are countless types of pranayama and so many benefits, it calms the nerves, boost immunity, de-stresses the mind and balances brainwaves and many more.



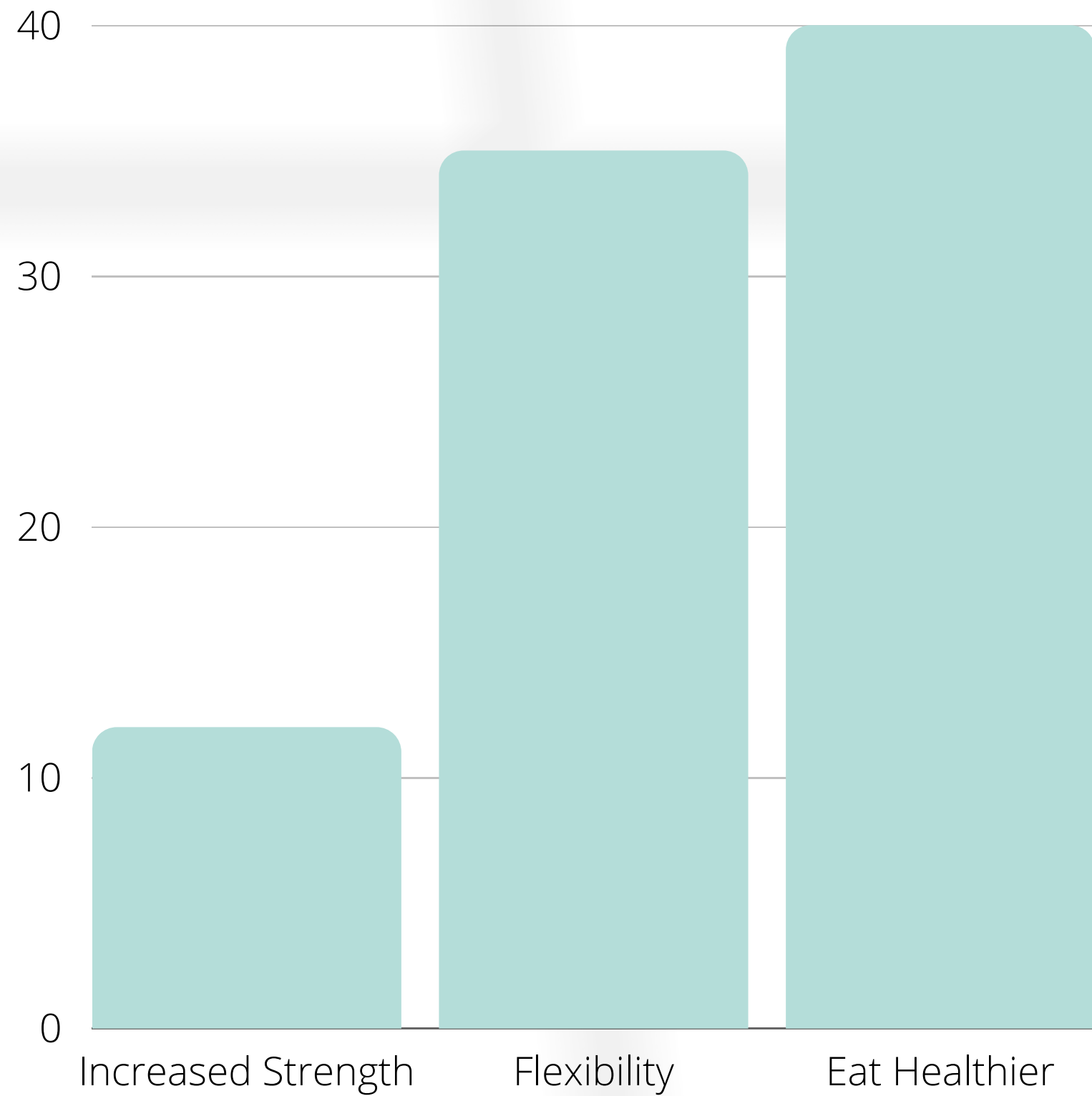
(Guided) Meditation

This is a great way to introduce your staff to the mindful practice of meditation. Our instructor-guided class will help students relax by focusing on the breath, to create stillness in the body and quiet the mind. Meditation has been shown to increase quality of life, lower stress and symptoms caused by inflammation. Corporations also benefit as it helps improve their staff focus, stay productive & work more efficiently.



Sound Healing

Sound Healing is a way to create therapeutic experiences using sound, vibrations and music. Sound bowls are used to help align with certain healing frequencies, song with powerful healing lyrics and melodies can be sung or a variety of instruments can be used to create balance and harmony.



Let's get physical

There are many benefits noted by yoga practitioners—here are our top 3

40% of yoga practitioners say they are motivated to eat healthier

35% increase in flexibility after 8 weeks of practice

12% increase in arm strength after 16 classes



Thank you for your time.

Please contact us with any questions or for any special requests.

We can provide a quote, class suggestions and give recommendations based on your needs & location.



Contact Us

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WELLNESSES