



Energizing Vitality: A Breath & Stretch at a Time

"Wendy is very conscientious and asks each student about problem areas and goals for the class. I was interested in improving flexibility, balance, and strength. Over a short time all of those areas improved and are incorporated into my daily routine. Being in the fall years of my lifetime, I need Wendy's expertise to gently improve my overall being. I can't say enough about Wendy's practice."

Objectives for this workshop:

- Identify what each participant's definition of Wellness is.
- Identify what the company's definition of Wellness is.
- Learn basic stretching and breathing exercises to relieve those tight areas in the body that cause undue pain and stress on the body, such as alleviating neck, shoulders, and back of the body tightness.
- Learn breathing techniques that can be used to sleep better, stay calm in stressful situations and overall relaxation.
- Learn alternative dietary options for cooking. Many types of foods, such as dairy, can exacerbate allergies and sinus problems. Learn how to use other options when cooking.

Well Done!

The term Wellness is a wide-ranged term. For some wellness is eating right and/or exercising on a regular basis, others may think that wellness encompasses our relationship to others or routine trips for wellness check-ups. All of these things contribute to wellness. How a company develops a wellness culture can determine the health and wellbeing of the company and employee.



3-hour workshop:

Leave with an understanding of your personal & company take on wellness. Multiple stretching tools that can be used at a desk for quick relief or on a yoga mat for a more lengthy practice will be taught for daily use. Learn dietary options when cooking for reduced allergenic reactions.

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