
Corporate Wellness

A six-week yoga program for corporate mental and physical wellbeing.

Class Style

Live classes
Online & offline

Duration

60 minutes

Timings

Four days a week
Timings as per requirements

Free Trial

Free two-hour
introductory workshop

Components

30-minute yoga session
30-minute destressing yoga
30-minute talk
20-minute Q&A
10-minute breather

Cost

\$5000 for a six-week program