

## Zenergize your Employees with Worksite Yoga!

Serving Employers in North Phoenix and Scottsdale!



### Why Offer Yoga at Work?

Achieve a mentally and physically healthier workforce by investing in employee wellness programs!

### Bring Energy to Your Employees!

Zenergy Yoga provides customized on-site yoga programs for your workforce.

- Affordable (Employee-paid or Company-paid)
- For ALL levels of fitness and experience
- No long-term contracts

#### We provide:

- Certified and insured instructors
- Mats and yoga props
- Lavender-scented eye pillows

#### You provide:

- Conference room or class location
- Marketing to promote program to Employees
- Employees looking to improve their health and well-being

[www.zenergyyoga.net](http://www.zenergyyoga.net)

480.628.1453 • [ali@zenergyyoga.net](mailto:ali@zenergyyoga.net)

## 🌀 The Benefits of Yoga 🌀

- ↑ Increase Energy Levels, Mental Clarity and Focus
- ↑ Increase Positive Self Image
- ↑ Increase Flexibility and Strength
- ↑ Improve Balance and Posture
- ↓ Lower Healthcare Costs
- ↓ Reduce Absenteeism
- ↓ Lower Blood Pressure and Heart Rate
- ↓ Reduce Anxiety and Muscular Tension



“ I absolutely love the yoga classes at our worksite. They have been extremely energizing and everyone that attends has remarked as to how they feel much better after attending the classes. An added bonus...I lost 6 lbs! Whew-ee! What a lovely surprise! ”

B. Wachowicz, Hospice of Arizona

## 🌀 Zenergy Yoga Corporate Clients 🌀

Centex Homes  
Desert Trails Elementary  
Dial Corporation  
GE Capital Solutions  
Hospice of Arizona

Kahala Cold Stone Creamery  
Medicis  
NAI Horizon Companies  
Shea Homes  
Temple Chai

## 🌀 About Zenergy Yoga 🌀

With a Master's degree in Public Health, Zenergy Owner Ali Kamen has over 15 years of experience managing adult and children's health, fitness and employee wellness programs. Zenergy Yoga has successfully brought onsite yoga programs to Phoenix and Scottsdale businesses since 2007, and offers a broad range of daily yoga classes for children and adults at its North Scottsdale studio.

**Get Energized! Call today for more information or to schedule your no-obligation trial class!**

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