



# Proposal Yoga

11.21.14

NATIONAL CAPITAL AREA

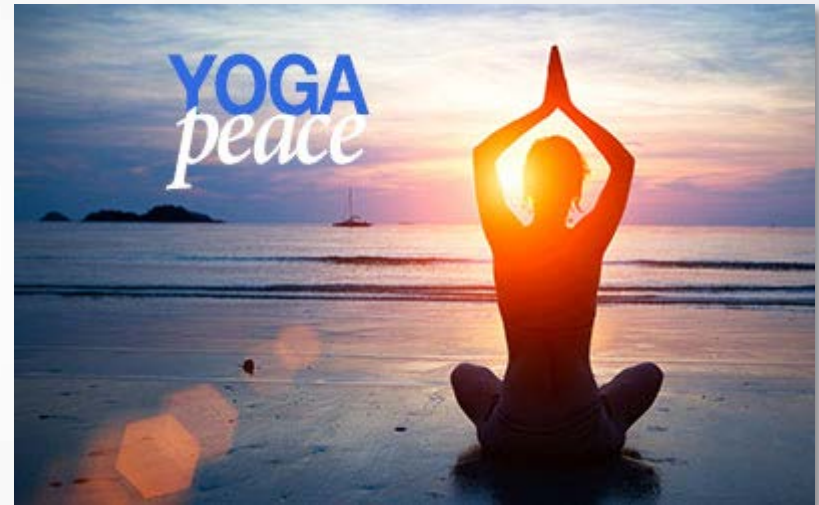
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# Benefits of Yoga



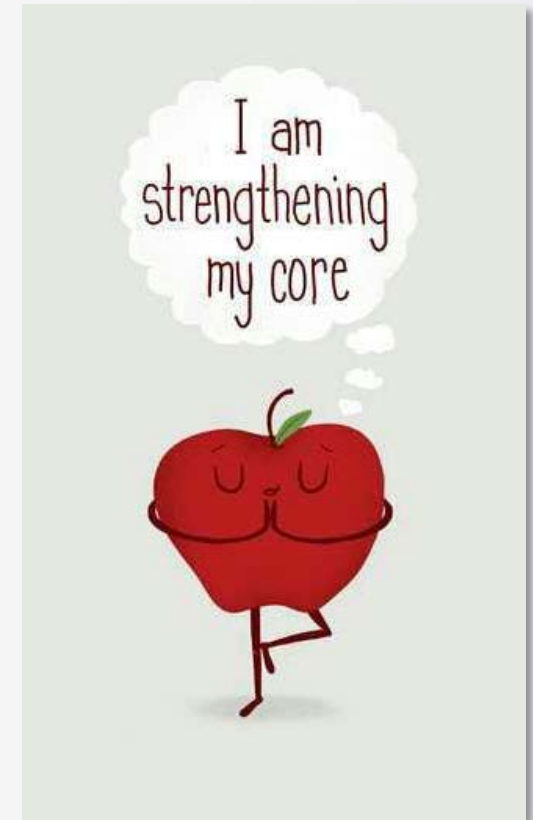
- Reduced stress
- Sounder sleep
- Spiritual growth
- Sense of well-being
- Increased strength
- Greater flexibility
- Improved posture
- Better balance
- Slowed aging process
- Greater productivity
- And more!



# Proposal Yoga



- Yoga poses adapted to the workplace
- Simple stress relief exercises through breathing, stretching and meditation
- No equipment needed, just an open mind



# Let's Begin!



# Thank You



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