

YFAH

Yoga at Work

Program

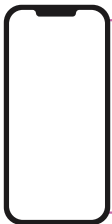
Yoga for All Humans is a fully online yoga studio. We recognize that yoga can be intimidating. We pride ourselves as being approachable and always teaching from a beginner-friendly approach. We truly believe that yoga should be accessible to all, regardless of financial or physical ability. While the yoga we offer is more affordable than most, our quality of teaching is of the highest standard.

YOUR “WHY”

A YFAH membership will improve:

- **Employee morale**
- **Work-life balance**
- **Quality of work at your company**

By adding a yoga platform to your Wellness Program, you're showing that you know how critical your employees' mental and physical health are to company success, while making your company a better place to work.



P.S The YFAH App is always included for easy access to classes and streaming!

OPTION 1

CLASS PACKAGES

Group classes are great for employee engagement and team building. We offer both online private group classes via Zoom and on-site classes.

1 Class	\$150
3 Class Package	\$350
5 Class Package	\$500
6+ Class commitment	\$75/class

OPTION 2

CORPORATE MEMBERSHIP

A yoga studio membership (like a gym membership) is a great employee perk!

Price Per Employee \$10/employee



- **Unlimited live-streamed classes**
- **Unlimited access to the YFAH video library**
- **All-access to YFAH Events and Workshops**

OPTION 3

CORPORATE DISCOUNT

If you don't want to cover the cost for your employees, we still offer them a 10% discount on a YFAH membership.