

SERVICES

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WEEKLY

Stretch I and Stretch II
Yoga Fundamentals
Chair Yoga
20 minute Energy Enhancer
Core Strengthening
Body Toning
Active Yoga
Zumba®

WORKSHOPS

Mindful Eating Foundations
The MELT Method® (Self Massage)
Mindfulness Based Stress Reduction
Mindfulness @ Work
Yoga Nidra for Deep Rest
Stress Relief Yoga

LUNCH & LEARN WORKSHOPS

Mindfulness for Stress Management
Introduction to Mindful Eating
Meditation: It's Not What You Think

RETREAT/CONFERENCE

Stretching break
Breathing break
Meditation/Mindfulness Exercise
20/30/60 minute Yoga Fundamentals