

WHY YOGA FOR YOUR ORGANIZATION?

Empower your team with FLY Well, a customized yoga and mindfulness program designed to:

 Reduce stress & prevent burnout

 Improve focus & productivity

 Boost overall well-being

 Foster teamwork & connection

 Enhance physical health



Perfect for workplaces, schools, athletic teams, and community groups!



- **Duration:** 30, 45, or 60-minute sessions
- **Location:** On-site or virtual options available
- **Customization:** Tailored to your group's goals & needs
- **Equipment:** Minimal space & no experience required

FLY WELL PRICING

PACKAGE DISCOUNTS AVAILABLE FOR MULTI-SESSION BOOKINGS!

ORANGE

CONTACT FOR PRICING

- ✓ 30-Minute Session
- ✓ Up to 10 participants*
- ✓ Quick and energizing

PURPLE

CONTACT FOR PRICING

- ✓ 60-Minute Session
- ✓ Up to 30 participants*
- ✓ Deep and transformative

RED

CONTACT FOR PRICING

- ✓ 45-Minute Session
- ✓ Up to 20 participants*
- ✓ Balanced and powerful

*Additional fee for each additional participant

**CHOOSE AN OPTION TAILORED TO
YOUR ORGANIZATION'S NEEDS:**

→ **FLY WORKS**
YOGA FOR WORKPLACE WELLNESS

- Relieve stress & tension from desk work
- Gentle movement & breathwork for clarity
- Ergonomic posture tips

→ **FLY STRONG**
YOGA FOR ATHLETES & TEAMS

- Improve mobility, strength & recovery
- Injury prevention & mental focus
- Pre-game or post-workout stretching

→ **FLY FIT**
YOGA FOR HEALTHCARE PROFESSIONALS

- Reduces stress and emotional fatigue
- Improves physical flexibility and posture
- Enhances mental clarity and focus

→ **FLY SMART**
YOGA FOR EDUCATORS

- Reduce stress & promote self-care
- Breathwork & meditation for focus
- Simple movement breaks to re-energize

→ **FLY TOGETHER**
YOGA FOR COMMUNITY

- Group practices to build trust & teamwork
- Mindfulness for resilience & self-care
- All-levels movement for inclusivity

**IGNITE YOUR INNER
PEACE**



CONTACT US NOW!



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FIRE LIFE YOGA PRESENTS

FLY WELL

YOGA & WELLNESS

FOR YOUR GROUP, TEAM OR ORGANIZATION