

Say hello to happy!



mang'Oh
yoga

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Greetings!

We are pleased to introduce you to our style of yoga and give you some information about our '**mang'Oh @ work**' program.

mang'Oh yoga was established in 2002 and is a manhattan-based midtown east studio offering yoga, pilates, private instruction and kids music classes. Our studio offers morning, afternoon and evening classes, 7 days a week: by accommodating every fitness and interest level, our studio is designed to be a place for growth, change and development.

mang'Oh takes pride in providing the highest quality teachers to guide all levels of students in their yoga practice. We take great care to hire quality instructors who fit the unique profile of the studio. Our instructors possess a:

- **Thorough knowledge of the vinyasa yoga tradition.** Each instructor has received a minimum of a 200-hour certification from an accredited school. The breadth of their knowledge includes a rich understanding of anatomy, poses, breathing, and vinyasa sequencing.
- **Caring, nurturing nature.** Our teachers are warm, friendly, and encouraging. They know each student's name, and take the time to get to know each student's needs and interests.
- **Strong, articulate, professional attitude.** Our instructors are able to articulate and communicate clearly to the class both verbally and physically. Every teacher is punctual, prepared, and thorough.

Let us show you how yoga and pilates in the workplace creates happier, healthier, and more creative employees by putting a little bit of play in your workday.

Our Proposal

We would be happy to provide one of our teachers on-site at your company for a dedicated weekly (basics to intermediate) class. This has been very successful for corporations, as it provides a good 'de-stresser' in the middle or end of the day and is also a bonding experience for co-workers.

On-site classes

Classes on-site at your company start at just **\$125 per class** with the purchase of a 3-month semester. We will provide a dedicated teacher for your class and work with you to find the scheduled time of day that will suit your employees' needs. We will also provide a one-time **trial class** if you would like to give your employees the opportunity to try yoga.

A La Carte Workshops

We are happy to offer one-off workshops at your company or at our studio. Ideas include:

Workshop Title	Description	Price
Relax and Unwind	Our instructor will guide you through breathing and relaxation exercises, as well as therapeutic stretches, to get you through your workday. Learn how easy techniques can help you work more calmly and creatively.	\$200 1 hour workshop unlimited students
Lower Back Strengthening Clinic	Learn how to overcome lower back pain caused by long hours at the desk and computer. Gain stability in your lower back and open up the hips and spine. Learn ways to ease chronic pain by increasing the strength and flexibility of the lower back.	\$200 1 hour workshop unlimited students
Intro to Meditation	Experience a blissful state of being while our instructor guides you through the tools and techniques used for deep meditation and relaxation of the mind. Explore and discover your peaceful, more creative self with our simple, practical approach.	\$200 1 hour workshop unlimited students
Intro to Pilates	Tone, stretch and strengthen your entire body with this upbeat introduction to Pilates. Have fun while learning to strengthen your inner core – leading to better posture and flexibility.	\$200 1 hour workshop unlimited students

Corporate Membership

We are happy to welcome your employees at our studio at the discounted rates outlined below:

# of Employees	Monthly membership (lunch only)	Monthly membership (all classes)	Notes
<10	\$550 (55 / employee)	\$900 (90 / employee)	Unlimited classes + discounts on workshops included. Non-corporate membership is \$110 / month. Memberships will be billed in increments of 5 employees.
11-15	\$750 (50 / employee)	\$1275 (85 / employee)	
16 - 20	\$900 (45 / employee)	\$1600 (80 / employee)	

I look forward to answering any questions that you might have about **mang'Oh**. Please do not hesitate to give me a call or email me if you have further questions.

Kind regards,

Cynthia Schweer
Owner & Business Director

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[**www.mangohstudio.com**](http://www.mangohstudio.com)
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So what is mang'Oh?

There is a story from ancient India about a student attempting in vain to describe the taste of a mango. Listening to his futile words, the teacher shakes his head, smiles and picking up the ripe, luscious fruit, bites into it.

Experience, as the wise sage tells us, is the only true teacher.