



Align. Breathe. Heal. Perform.



Wellness
That Works
for Your
Workplace

Transform Your Team. Elevate Your Culture. Through Yoga, Sound & Chakra Healing.

Empower your people with the perfect blend of
Movement • Breath • Sound • Energy
for lasting wellness, focus, and performance.



Corporate Yoga & Deep Relaxation Sound Bath with Chakra Healing

A holistic approach to reduce stress, restore balance and
unlock the potential within your teams.



KEY BENEFITS FOR YOUR PEOPLE & ORGANIZATION



Reduces Stress
Calms the mind,
lowers cortisol
and promotes
inner peace.



**Boosts Energy
& Focus**
Enhances mental
clarity, concentration
and productivity.



**Improves Health
& Posture**
Relieves physical
tension and prevents
lifestyle disorders.



**Enhances Team
Connection**
Builds stronger
relationships and
a positive culture.



**Balances Emotions
& Energy**
Chakra healing
harmonizes body,
mind and spirit.



**Increases Engagement
& Performance**
Healthy, happy
employees create
better results.

OUR CORPORATE WELLNESS OFFERINGS



Corporate Yoga Programs

- On-site (At Your Location)
- Live Online (Global Teams)
- Chair Yoga, Desk Stretches & Yoga Therapy
- Lunch-hour / Mid-day / Evening Sessions
- Programs for All Levels – Beginners to Advanced
- Custom Programs for Your Organization's Needs



Deep Relaxation Sound Bath with Chakra Healing

- Guided Sound Bath for Stress Relief & Deep Relaxation
- Chakra Balancing to Restore Energy Flow
- Perfect Add-on for Yoga Sessions or Standalone Wellness Experience



Jigisha Parikh

- ✓ Registered Yoga Teacher (RYT 200) Yoga Alliance, USA
- ✓ Certified Sound Healing Meditation Trainer
- ✓ Certified PCOS & PCOD TTC Course for Yoga Teachers
- ✓ Certified Pre & Post-Natal and Kids Yoga Trainer
- ✓ Certified Yoga Volunteer The Yoga Certification Board, Ministry of Ayush, Govt. of INDIA.

WHY CHOOSE YOGA WITH JIGISHA?

- ✓ Expert-led sessions blending Yoga, Breathwork, Sound & Chakra Healing
- ✓ Tailored programs for corporates, startups, and global teams
- ✓ Flexible schedules to suit your work culture
- ✓ Holistic approach for body, mind & energy balance
- ✓ Suitable for all age groups and fitness levels



INVEST IN WELLNESS. INVEST IN SUCCESS.

Let's co-create a healthier,
happier, and high-performing
workplace together.

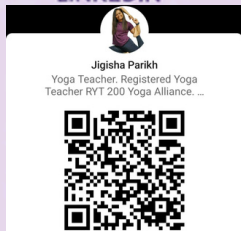
BOOK A SESSION OR RETREAT TODAY!

INSTAGRAM



@YOGAWITHJIGISHA

LINKEDIN



CORPORATE YOGA



WHATSAPP



CONNECT WITH JIGISHA

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**YOGA IS NOT JUST A BREAK FROM WORK.
IT'S A RETURN TO BALANCE, CLARITY AND PURPOSE.**
Bring Yoga & Sound Healing to Your Workplace. Transform Wellness into a Way of Work.

