



In today's high-pressure corporate world, employees often face physical discomfort, mental fatigue, and emotional imbalance.

Corporate Yoga and Sound Healing bridges the gap between productivity and personal well-being by integrating mindfulness, movement, and breathwork into the workday, creating healthier, more resilient individuals and teams.

Corporate Yoga

Bring Corporate Yoga and Sound Healing to your team.

Book a free trial session today!

When your team feels good, they perform, thrive, and lead with impact.

Class At Your Location

Classes in your office premises in Bangalore. Mid-day, lunch-hour, or evening sessions on weekdays.

Live Online Class

Instructor-led Live Online Classes as per global time zones for up to 50 people. Perfect for remote or hybrid teams across locations.

YogaWithJigisha.com

YOGA With JIGISHA | Bangalore | India

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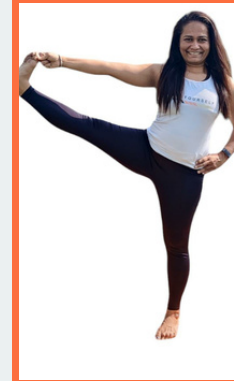
Insta: @yogawithjigisha

LinkedIn: www.linkedin.com/in/jigishaparikh



Corporate Yoga Classes

Yoga With Jigisha



Let's make Yoga a part of your workplace.

Corporate Yoga isn't only a session, it's a step towards lasting health, peace, and performance.

Bring Corporate Yoga to your Team.

When your team feels well then they work well, live well, and lead well. Enhance employee focus, balance, and productivity with custom Corporate Yoga and Sound Healing sessions.

Suitable for Beginners and All Age Groups. Get Started Today!

YogaWithJigisha.com/corporate-yoga

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Insta: @yogawithjigisha



Corporate Yoga and Sound Healing for a Healthier, Happier, and more Balanced Workforce.



Jigisha Parikh

Yoga Alliance, USA

Certified RYT200 Yoga
Trainer

Certified Sound Healing
Meditation Trainer

Certified PCOS and PCOD
TTC Course for Yoga Teachers

Certified Pre and Post-
Natal, and Kids Yoga Trainer

Certified Yoga Volunteer
The Yoga Certification Board,
Ministry of Ayush, Govt. of INDIA.

Offerings for Enterprises

Hatha Yoga: Foundational poses and breathwork for balance, strength, and mindfulness.

Chair Yoga: Gentle, desk-based practices for corporate teams.

Connect On Insta
@yogawithjigisha

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Connect on LinkedIn



Companies offering
Yoga and wellness
programs see a 66% rise
in productivity.

Regular Yoga practice
leads to a healthier,
more engaged, and
dynamic workforce.

Employee engagement
increases by 28% when
Yoga is integrated into
corporate wellness.

Introduce Yoga at your
workplace today!
**Hatha Yoga, Chair Yoga,
Sound Bath, Chakra
Healing Classes.**

**Available On-Premises
and Online.**

Empower your
Workforce with the
Benefits of Yoga and
Sound Healing.

Beginner-Friendly
Corporate Yoga
Classes. Open For
All Age Groups.

<https://YogaWithJigisha.com>

Benefits of Corporate Yoga



Increases Flexibility and
Joint Mobility.

Reduces Stress and
Mental Fatigue.

Improves Posture and
Reduces Body Stiffness.

Boosts Energy, Reduces
Burnout, Sharpens Focus
and Mental Clarity.

Prevents Lifestyle related
long-term Health Risks.



Call Now!
+91-9900873472

**Yoga With Jigisha
Feel The Flow.
Embrace The Stillness.**

**Yoga transforms not only
workdays, but your life -
inside and out.**