

CONTACT ME!

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Customized programs for the well-being of your employees and your business.

ABOUT

Johnny is a certified yoga and meditation instructor with a background in corporate wellness. With 9+ years of experience leading wellness programs for corporate teams, Johnny is passionate about bringing wellness & mindfulness to the work place.





Benefits of Corporate Wellness Programs :

- Increased Productivity
- Heightened Morale and Company Loyalty
- Higher Employee Retention
- Stronger Talent Attraction
- Reduced Medical and Sick Leave
- Happier Employees

SERVICES

GUIDED MEDITATION SESSIONS

- 20-30 Minutes
- Breathwork
- Mindfulness Meditations
- Guided Meditations

YOGA CLASSES

- 30-60 Minutes
- Formats including Vinyasa Flow,
 Yin Restorative, and Chair Yoga
- Beginner Intermediate Level Instruction

MINDFULNESS WORKSHOPS

- 30-45 minutes
- Powerpoint Presentations
- Exercises, Activities, & Discussions

*Flexible Pricing Available