



# JOHNNY LA PASTA CORPORATE WELLNESS SERVICES

Guided Meditation Sessions

Yoga Classes

Mindfulness Workshops

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## ABOUT

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

## BENEFITS FOR EMPLOYEES

- Release physical, mental, and emotional stress
- Relax the body and mind
- Improve breathing efficiency
- Increase focus & concentration
- Lower blood pressure
- Aid blood circulation
- Enhance immune system
- Learn tools & techniques for managing stress
- Help reduce reactions to emotional triggers



## BENEFITS FOR EMPLOYERS

- Increased productivity
- Heightened morale
- Higher employee retention
- Strong employee attraction
- Happier employees



I am sincerely looking forward to working with everyone and sharing these practices with you!

*Johnny La Pasta*