



CORPORATE YOGA PROPOSAL



YOGAMAZING

ELECTRIFY YOUR MIND AND BODY

Company Overview

Yogamazing Studio is a trusted wellness partner with:



Yogamazing Studio

- Over 10 years of experience across Nepal and Dubai
- Clientele including family members of Dubai Royals and leading corporate houses such as Nimbus Holding, UNOPS acquired through recommendations
- A strong focus on safety, consistency and sustainable wellness habits
- Expertise in delivering customized corporate wellness programs for groups of any size
- Proven results with 100% noticeable impact within the first three sessions

Our programs are practical, inclusive and designed specifically for modern corporate environments.



The Need for Corporate Yoga

In today's face-paced corporate world

- Stress
- Burnout
- Poor posture
- Low energy

Long screen hours, tight deadlines, and constant multitasking take a serious toll on employees' mental and physical health, directly impacting productivity, creativity and overall performance.

Corporate yoga is a scientifically proven and holistic approach that brings balance, focus and vitality back in the workspace. It is not just a wellness activity; it is an investment in the most valuable assets of any company; its people.

Why regular corporate yoga matters?

Most organisations hold wellness events once or twice a year, but true transformation comes from consistency. Just like work performance, well being thrives on regular practice.

Corporate success begins with healthy motivated employees.





Proposed Solutions

Session Format

Each session is carefully designed for corporate professionals and can be practiced:

- In regular office attire
- At individual work desks or using office chairs
- Without yoga mats or special equipment

Sessions will be conducted physically at the office premises, ensuring ease of participation and minimal disruption to work routines.

Program Includes

- Desk Yoga (posture correction & spine care)
- Stress-release techniques & breathing practices
- Guided meditation for focus and mental clarity
- Stretching and strengthening exercises

All modules are customized to align with organizational work culture and employee needs.

Package

Price breakdown per staff/per month

Package	Frequency	Duration	Description	Price (NPR)
3-Months Wellness	24 sessions	30–45 min	Introductory sessions to experience benefits of corporate yoga. Focus on stress relief, posture correction and energy boost.	75,000
6-Months Wellness	48 sessions	30–45 min	Regular sessions for consistent employee wellbeing. Includes desk yoga, breathing techniques, guided meditation and stretching.	145,000
Annual Impact	96 sessions	30–45 min	Measurable transformation with structured sessions, progress tracking and customized intensity.	280,000

The quoted prices are applicable for sessions accommodating up to 25 participants.





Invest in Wellbeing



Imadol, Lalitpur

+977 9843128787,

+977 9709173587

yogamazingstudio1@gmail.com