

Workplace Wellness

energy focus restoration

Yoga effectively addresses the three leading causes of worker absenteeism and reduced productivity – chronic fatigue, stress, and back pain. We use only the most basic yoga poses and breath awareness techniques as tools to counteract the negative effects of sitting all day at a desk.



geoffreyronigeryoga

2252 Fifth Avenue, San Rafael, California 94901 ■ 415.225.9984

about the instructor

Geoffrey Roniger is well known in the Bay Area for his ability to communicate the essence of yoga in a way that is relevant to our contemporary culture. He has been the on-site yoga teacher for Salesforce.com since 2005, has served on the teacher training staff at The Yoga Loft in San Francisco since 2006, and is passionate about helping people feel more fully embodied.



DELIVERING CUSTOMIZED
ON-SITE YOGA PROGRAMS
TO CORPORATE GROUPS
AND SMALL BUSINESSES
IN SAN FRANCISCO

FREE INTRO SESSION!



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WORKPLACE WELLNESS WILL

- Maximize convenience and eliminate scheduling issues that typically prevent busy individuals from tending to their health.
- Lower health care costs by reducing absenteeism due to chronic fatigue, repetitive stress, and back pain.
- Increase job satisfaction and employee cohesiveness.
- Give employees a healthy, alternative job perk.

REGULAR YOGA PRACTICE WILL HELP YOU

- Release daily stress through enhanced breathing and spinal decompression.
- Increase energy through enhanced circulation and balanced muscle tone.
- Cultivate postural awareness to relieve and prevent chronic back and neck pain.
- Improve mental clarity by accessing a state of relaxed focus.

TESTIMONIALS

"I have now practiced yoga with Geoffrey for more than a year. In today's hectic business world, yoga is the perfect antidote to mental stress. Yoga has a unique effect on body and mind. After a session, the everyday stress is replaced by a serene sense of peace and well-being."

– Claes Glassell, President & CEO,
Cerus Corp

"Geoffrey is a natural teacher. He has deep knowledge and experience, but he is able to communicate in a way that works for students of all levels. He's approachable, and he makes yoga approachable."

– Nathan Laffin, VP Creative Design,
Dockers San Francisco

To discuss rates and availability, contact Geoffrey at **415.225.9984** or **gr@geoffreyroniger.com**

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