



Set your body free with Yoga at your Desk

A group of certified and inspiring Yoga teachers, from [Core-Elation YOGA](#) and [Movement to Health](#) have designed a program aimed at improving physical and mental well being at your workplace in support of a local charity – [iSisters Technology Mentoring](#).

You are invited to a 45 minute session where you will learn how to improve your posture and deepen your breath as well as incorporate gentle stretches at your desk that keep your body free of unnecessary discomforts. A certified Yoga teacher will demonstrate and provide reference materials for your desk. The techniques taught are brilliant, accessible, informative and inspiring - Guaranteed to bring comfort in your everyday life without feeling like it's another thing on the do-list.

Yoga is well known for its health benefits, but it's also a lifestyle that includes giving back to the community. To register, a suggested donation of \$20 per person is required.

All donations received go directly to, [iSisters Technology Mentoring](#).

About iSisters Technology Mentoring: an award winning charity, well-known for building stronger communities through it's educational programs designed to help women in need get the tools, knowledge and know-how they need to be successful - all donations go directly to learning programs.

What your gift brings?

Educational Technology Classes & Programs for Women in Need:

\$25 provides two classes for one woman

\$100 sponsors a class of women to learn

\$400 provides four women with the opportunity to graduate from a Level One course

\$1500 sponsors one learner to attend class for a year

Check out [iSisters Technology Mentoring](#) to see how your donations are making a difference!

In Good Health,

[iSisters Technology Mentoring](#), [Core-Elation YOGA](#), [Movement to Health](#)

