

Living Yoga Philosophies Program

Thriving Off the Mat in Workplace & Life

- **Thriving & Living according to Yoga Philosophy**
 - Ego, attitude, productivity, happiness, health, love
 - Clarity, activity, heaviness
 - **Personal & professional self-assessment**
- **Enhance your attitude towards your personal and professional environments (yamas)**
 - Non-violence, truth in word and thought, non-possessiveness, etc.
 - Increase happiness, productivity and love while reducing fear and conflict
- **Enhance your attitude towards yourself (niyamas)**
 - Clean mind and body, satisfaction with what have, awakening your soul, having faith
 - Increase your energy and vitality
- **Develop your body discipline, breath, and withdrawal from sense from external objects**
 - Create and implement your personal and professional yoga and positive energy plan
 - Experience meditation, eft, hypnosis, breath, yoga, walking, nutrition, individual and group intentions
- **Individual & Organizational growth**
 - Clearing obstacle, define attention versus distraction, direct your mind, direct your attention to what you seek to understand, THRIVE

Contact Jennifer

**FREE Self-Assessment
& Coaching Session**

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Take Your Yogi to Work TODAY

Customized Quotes and Program

for YOU, Your Group and Your Organization/Company

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**Jennifer Culver - Certified Professional Coach,
Business Consultant, Healer and Yoga Instructor (RYT early 2012)**