

FLUX



YOGA LAB

BRINGING YOGA & WELL BEING TO YOUR WORKPLACE

PROVIDING YOUR TEAM WITH AN OPEN
BODY & MIND

A brand new programme of classes designed to re-charge
& de-stress a busy workforce.



Y O G A
L A B

FLUX Yoga & Well-being sessions are aimed at beginners and those with little or no experience of yoga or other forms of movement.

The most productive and efficient workforce is one which is healthy, energetic and enthusiastic about their work. These are things which are easily neglected when meeting the demands of a busy work schedule. We risk losing connection to our bodies, feeling stressed, anxious and tense.

Let Flux help you prevent this by bringing Yoga and Well-being sessions to your workplace!



All we need is an empty space and a spare hour during, before or after your working day and we will bring the yoga to you!

Want to find out more?

0 7 8 5 4 6 3 6 4 0 8
FLUXDANCE@LIVE.CO.UK
FLUXDANCETHEATRE.COM

FLUX
...Moving Science



FLUX
Y O G A
L A B



YOGA
LAB



All we need is an empty space and a spare hour during, before or after your working day and we will bring the yoga to you!

One off session £125.00 / £10.42pp

Regular booking minimum x5 classes booked in advance
£85.00 per session / £7.10pp

Introductory offer book 10 save £50
£80.00 per session / £6.70pp

Introductory offer book 20 and save £200
£75.00 per session / £6.25pp

All classes are bookable per session with a maximum of 12 people per session. Additional people are charged at £8 pp.

07854636408
FLUXDANCE@LIVE.CO.UK
FLUXDANCETHEATRE.COM

FLUX
...Many States



FLUX
YOGA
LAB