



Live Online Yoga Classes From Home!

Now open to
all employees!



All Levels Welcome!
Classes include:

Vinyasa Yoga
Ashtanga Yoga
Forrest Yoga
Restorative Yoga
Yin Yoga
Pre-Natal Yoga
Post-Natal Yoga
Chair Yoga
Tai-Chi
Qigong

Yoga Discussion Groups
20 min Meditations
and more!

Tired, stressed, overworked, or in pain? Yoga and meditation are proven to reduce stress, improve sleep, reduce pain, and enhance mental clarity and well-being. The key is practice regularly.

That's why **MIA** and **Ompractice** are teaming up to offer all employees free, unlimited live yoga and wellness classes that can be taken from home or anywhere else. All classes are taught via two-way video so you are seen and supported by a great teacher. All you need is a mat and the camera on your laptop, tablet, or cell-phone.

Whether you are a complete beginner or a long-time practitioner, you will enjoy and benefit from these classes.

Sign up for **FREE** membership at: ompractice.com/mia first, and then choose any classes you like from our schedule!



Sign up on at
ompractice.com/MIA