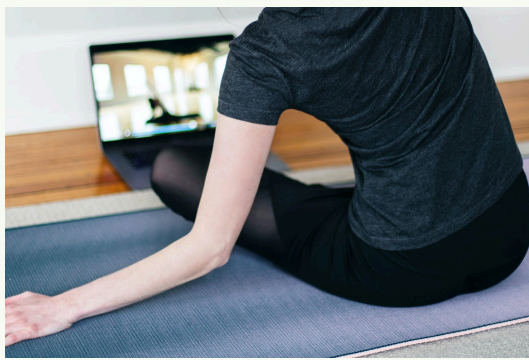


MOVE WELL. FEEL WELL. BE WELL. *TOGETHER.* WITH SITKA PHYSIO & WELLNESS

CORPORATE SERVICES

Elevate your team's well-being and productivity with our flexible wellness solutions, offering **Corporate Yoga & Meditation, Ergonomics Assessments, Lunch & Learn Educational Presentations & Webinars,** and **Corporate Body Breaks.** Whether in person, virtually, or as a hybrid, we cater to wellness events, conferences, and weekly in-office sessions.



CORPORATE BODY BREAKS

Energize your team with our fitness sessions, perfect for a mid-day boost or any time your team needs a pick-me-up. Designed for all fitness levels, these breaks have been created to facilitate body awareness, to pause and move mid-day for a reset, and most importantly, to have fun!



LUNCH & LEARN EDUCATIONAL PRESENTATIONS & WEBINARS

Lunch & Learn Presentations provide an opportunity to teach small groups in our community about relevant topics relating to health and fitness to empower and inspire them to lead healthier lives. These interactive sessions offer valuable insights from experts, practical tips, and a supportive environment for learning and growth. Get in touch to inquire about topics.



ERGONOMICS ASSESSMENTS

It's a fact that most of our waking hours are spent at work. How we carry our bodies in the workplace impacts our overall movement and well-being. By understanding their bodies and how to improve posture and ergonomics, employees can reduce the risk of injuries and feel more empowered to maintain their wellness. Sessions are tailored to your workplace setup.



CORPORATE YOGA PROGRAM

Yoga encourages mindful movement and calms the nervous system through breathwork and postures. A midday yoga break boosts productivity, reduces stress, and enhances focus, while providing tools for life to support physical and mental well-being. Integrating yoga into the workday improves morale, performance, and overall workplace balance.

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