

Few people face the kind of time pressure that private practice attorneys face. As associates strive to prioritize and meet conflicting deadlines, the resulting stress can lead not only to health problems, but also to diminishing productivity.

Yoga is one of the most effective ways to reduce this kind of tension and help attorneys increase their morale and productivity. The postures, breathing, and movement of yoga target and relieve muscular tension, while yoga's focus on the present moment reduces mental stress and anxiety.

The yoga programs offered by Soulfire Yoga alleviate the physical and mental tension on attorneys by providing on-site yoga programs at your firm. These programs, specifically tailored for medium and large law firms, include:

- **Hatha/Pranayama** 20 minute relaxation sessions for \$75
- **Hatha or Vinyasa** 40 minute yoga sessions for \$100
- **Hatha or Vinyasa** 60 minute session for \$125

Benefits of On-site Yoga for Law Firms

- Improved health and productivity.
- Low cost perk to dramatically improve worklife and morale.
- Attract and retain the brightest Summer Associates.
- Enhance your reputation.
- Convenience of on-site classes.

Why Choose Soulfire Yoga?

- As an attorney, Jeanette understands the unique demands on associates. Her law firm programs are specifically designed for attorneys in high stress environments.
- Jeanette respects the time pressure faced by attorneys. Thus, Soulfire Yoga offers an on-time guarantee.
- Instead of teaching the same sequences in every class, Jeanette varies each class to create an enjoyable, challenging, and rewarding program for her students while still maintaining an environment conducive to drop-ins.

Definitions

Hatha Yoga is a slower paced class with more explanation for each yoga posture. A Hatha Yoga class is perfect for learning basic poses and relaxation techniques and to become comfortable with yoga.

Vinyasa Yoga is a vigorous practice emphasizing movement from one posture to the next in coordination with focused breathing. The practice is a fluid moving meditation that energizes the body and cultivates self-awareness.

Pranayama refers to the stretch or extension of the breath with the purpose of calming the mind. Pranayama includes gentle stretching and breathing exercises designed to circulate the breath throughout the body and to relax the nervous system.