



ROOTS YOGA

‘ROOTS ON THE ROAD’

'Roots on the Road' has been working with companies and corporations for almost a decade.

Our on-site programs take a well-rounded approach to help your employees feel less stressed, physically better in their bodies and more focused in the workplace. Our yoga and meditation programs are designed to create ease in the physical body as well as the mind.

Our Wellness Workshops educate on how to incorporate stress management techniques and mindfulness strategies throughout the work week. Yoga classes target areas of the body that effect the typical office worker. Our classes are focused on counteracting the effects of spending sometimes more than 8 hours a day commuting, sitting, staring at screens and traveling. Our mindfulness and meditation programs help with the mental and emotional burn out that many individuals are experiencing in today's workplace. Our goal is to increase your employees overall well-being, productivity, employee morale and job satisfaction.

Whether it is a once a week yoga class, monthly meditation sessions or a year round campaign, Roots is committed to working with your company to provide a better workplace for your employees.

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