
EVERYONE. EVERYWHERE.
AT WORK
poweryoga
CANADA

WHO ARE WE?

PYC at Work is a mobile yoga service specializing in **Corporate Offices** and private sessions.

Proudly affilated with the internationally expanding Power Yoga Canada

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WHO WE HELP

We help those in **management positions** keep loyal, happy, healthy staff in the workplace without needing to go anywhere.

Our mission

Empowering corporate communities into **ACTION** by boosting mental and **physical health** in employees.

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What Is Your Staff Feeling?

77% of employees feel **burnt out** at their current job

83% say its negatively affecting their **relationships**

91% are experiencing **unmanageable** levels of stress



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WAYS OF WELLNESS

Solutions that are not working

1

Buying a gym membership

2

Taking a walk during lunch

3

Intention to go to a studio or class after a long work day.



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As The Solution

Your wellness program is worked into your **work week**

Creates **Community & Belonging** within your team

Without needing to go **ANYWHERE**

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MAKING AN IMPACT

EMPLOYEES WORKING FROM

1.HOME 2.OFFICE 3. AT LOCATION

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Class Schedule Proposal

Early Risers

Between 6am-8:30am for those wanting a BEFORE WORK CLASS

Lunchtime

Between 12pm-3pm for those wanting a MIDDAY RESET

After Work

Between 7pm -9pm in the comfort of your own home



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Our Work

Working with RBC Bank completing our meditation express program



RBC

pyc.atwork



CERIDIAN



FENGATE/50



Starlight INVESTMENTS

BUREAU VERITAS

Yum!



ORIGIN MERCHANT PARTNERS



Maxxam
A Bureau Veritas Group Company

ThermoFisher SCIENTIFIC

TIERONE™

TENNIS CANADA

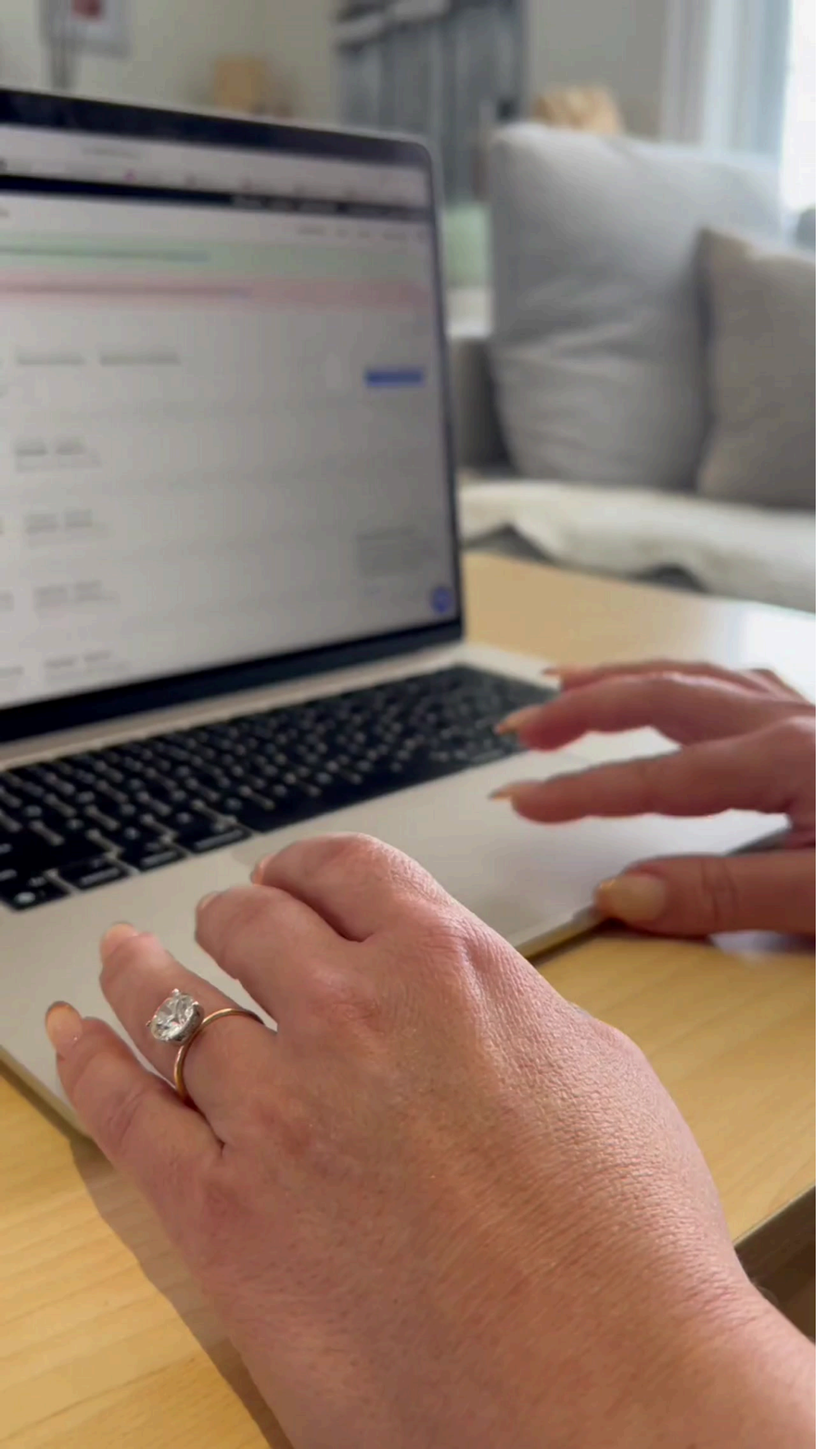
RBC

KENSINGTON

ROYAL LEPAGE

lululemon

MAPLE LEAF



HOW IT WORKS

We pick a day & time to
BOOK your introduction class
for anyone to join.

We then customize and
create your class schedule
specifically for you



Let’s Get Started!

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