



Groovy Corporate Yoga!

Groovy Yogi offers yoga to businesses in the Raleigh-Durham area! Many claims filed by employees are stress-related. Offer your employees a six-week session of De-Stress with Groovy Yoga and watch their productivity and general sense of well-being increase. We have additional classes for advancing employees along in their yoga practice and general coping skills.

You provide the space in your building, and Groovy Yogi provides the well-trained, Yoga Alliance certified instructors, knowledge, mats, other yoga accessories, plug-and-play internal marketing materials, and easy-natured professional competence.

Groovy Yoga is suitable for all levels of experience. Most people cope more easily with limited time commitments when trying new things. So we have designed these corporate offerings in 6-week increments. But keep in mind that classes can be customized to suit the needs of your corporate culture, timing needs and employees. Your HR department can rest easy because we have made every effort to keep your employees safe, informed as to risks and all parties physically and legally protected.

Get ready for a happier, healthier workplace.

Namaste,

Crys Rivers

Founder, Groovy Yogi

De-Stress with Groovy Yoga

De-Stress with Groovy Yoga is a 60-minute dynamic & organic hatha yoga practice that introduces weekly themes, inspiring stories, and yogic wisdom to guide the way to clarity and peace at a time when our life's currents can be swift and overwhelming. Don't push against the river; let it take you to new places.

We create a safe and open environment where laughter and acceptance is encouraged, and students feel comfortable exploring new postures. Combining asana practice, pranayama (breathing) and meditation, each class is uniquely structured to meet the needs of the students. Skillful instruction and thoughtful assistance gently guide each student towards reaching the next level in their personal practice.

Wear comfortable clothing that you can move easily in. We do our best to sanitize community mats after every use, but strongly recommend that you bring your own. Straps, blankets and blocks will be provided.

Real World Groovy Yoga

Real World Groovy Yoga is a 60-minute yoga practice that is the natural next step to De-Stress with Groovy Yoga. In this class we will explore all that yoga has to offer you in coping and succeeding in your personal, corporate, public and authentic lives. Every style of yoga provides its own wisdom and we will take on many of them in this eclectic, flowing class.

We live in a complex world and yoga offers tools that will keep you grounded, always clear-minded, emotionally more intelligent. You will become physically stronger as we explore our strength and stamina, taking on poses and flows that prove to you without a doubt that at your core you are a warrior! Think of this class as a continuation of zen with humor, mixed with a little self-actualized barbarian.

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Yin and Yang Yoga

Taoist Wisdom explains the difference between Yin and Yang with rain showers.

Yang: A storm will briefly pass.

Yin: A gentle shower can last all day.

Most yoga is yang in nature, as much as any trip to the gym. Think big muscles, weight and repetition. A yin yoga practice, on the other hand, is one of patience, finding your edge with respect, working the joints and connective tissues of the body. It is a challenging practice because of the length of time you hold the poses and the mindset required in the practice.

In this class, we'll explore both the yin and the yang forms of movement. In the yin we will peacefully settle ourselves into the moment. In the yang we shall discover movement as a source of meditation. This practice will open our hearts, helping us to savor the present moment rather than dwelling in past conflicts and hurt. Athletes will uncover their hidden range of motion, and we hope that everyone will find this an enjoyable way to stay in shape, relieve stress, alleviate depression and age with grace.

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Brown Bag and Breathe!!

Take a little time to breathe! We tend to use lunch hour to run around with errands, returning to work more frazzled than we left. Instead, spend 30 minutes with Groovy Yogi once a week learning to relax!

Have you ever had a stressful experience and realized that you had suddenly forgotten to breathe? Or could not get control of your breath? Has your body ever turned on the sweat glands when nervous? We have all experienced the physiological symptoms of nerves and an unsound mind (though Groovy Yogi assures you that you are not crazy). Do you have to live like that? No, you just need to learn techniques to keep yourself cool under pressure.

In this class, you will learn how to breathe, breath techniques, mudras (hand positioning for meditation), ways to make your body comfortable when sitting for a long time and different visualizations that can get you through stressful situations.

Feel free to bring your lunch - the first ten minutes of class will often be group discussion and we will moving minimally. Wear comfortable clothing that you can move easily in. We do our best to sanitize community mats after every use, but strongly recommend that you bring your own. Straps, blankets and blocks will be provided.