



# Live Online Yoga Classes From Home!

Now open to  
all employees!



**All Levels Welcome!**  
**Classes include:**

Vinyasa Yoga  
Ashtanga Yoga  
Forrest Yoga  
Restorative Yoga  
Yin Yoga  
Pre-Natal Yoga  
Post-Natal Yoga  
Chair Yoga  
Tai-Chi  
Qigong

Yoga Discussion Groups  
20 min Meditations  
and more!

Tired, stressed, overworked, or in pain? Yoga and meditation are proven to reduce stress, improve sleep, reduce pain, and enhance mental clarity and well-being. The key is practice regularly.

That's why **MIIA** and **Ompractice** are teaming up to offer all employees free, unlimited live yoga and wellness classes that can be taken from home or anywhere else. All classes are taught via two-way video so you are seen and supported by a great teacher. All you need is a mat and the camera on your laptop, tablet, or cell-phone.

Whether you are a complete beginner or a long-time practitioner, you will enjoy and benefit from these classes.

Just sign up for **FREE** membership at: [ompractice.com/miia](https://ompractice.com/miia) and then choose any classes you like from our schedule!



Sign up on at  
[ompractice.com/MIIA](https://ompractice.com/MIIA)