

KARMA TUDOR

YOGA | DOULA

Yoga with Karma

Are you looking to offer a yoga class to your employees' during their lunch break, or after work time?

Maybe you would like Ebonie "Karma" Tudor to be present at your company's Wellness Fair.

Karma will come to your office to provide chair yoga, meditation sessions, and if space allows, an on the mat practice as well.

Employee Wellness

"In the broad field of wellness, 83 percent of consumers said they needed the most support for emotional well-being, according to Aon's 2016 Consumer Health Mindset Survey, which surveyed 2,320 consumers – including employees and dependents covered by employer health plans." <https://www.workforce.com/2017/01/10/corporate-yoga-emotional-health/>

- Back Pain - "...workplace yoga intervention can reduce perceived stress and back pain and improve psychological well-being" - Occupational Medicine, Volume 62, Issue 8, 1 December 2012, Pages 606–612, <https://doi.org/10.1093/occmed/kqs168>
- Mental Burnouts - "...higher self-care as well as less emotional exhaustion and depersonalization upon completion of an 8-week yoga intervention." - Yoga for Self-Care and Burnout Prevention Among Nurses, Volume: 63 issue: 10, page(s): 462-470, <https://doi.org/10.1177/2165079915596102>
- Hostility and Aggression - "Findings encourage the practice of Yoga in the work setting to develop well-being by reducing hostile behaviors and creating a positive environment" - Ayu. 2015 Oct-Dec; 36(4): 375–379.

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Packages

30 Minutes of Chair Yoga

\$150 - Karma will come to your office and teach a 30 minute group class.

15 Minute Meditation and 30 Minutes of Chair Yoga

\$175 - In addition to Karma teaching a 30 Minute Chair Yoga class, she will lead a 15 minute meditation session prior to class.

60 Minutes of Yoga

\$200 per class - Karma will come to your office and conduct a series of 60 minute yoga classes over a 6-8 week period. Duration and details to be finalized with wellness coordinator.

Contact Us

Ebonie "Karma" Tudor

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Credentials: Ebonie "Karma" Tudor is a 200 hour registered Yoga Teacher with Yoga Alliance. She is also personally insured with Health, Fitness, and Wellness Insurance.