

Meetings with an Attitude Of Energy

Mindfulness and Movement Yoga con Irma



Why and How does yoga matter?

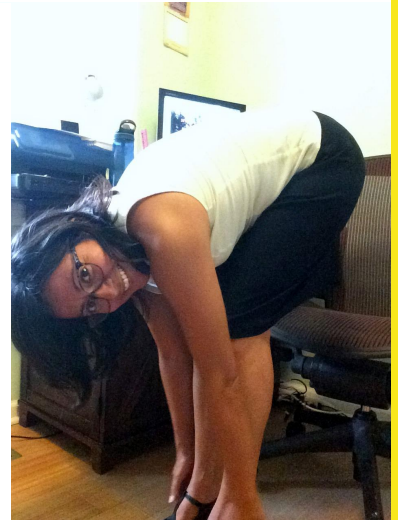
Mindfulness and Physical activity have been credited with numerous benefits to the human physical, emotional and mental body and soul spirit. When you get out of the daily routine, you can experience an awakening of the physical senses and a rejuvenation of your deeper connection to you.

Irma's extensive corporate global Human Resources background coupled with her 15+ year yoga practice beautifully blends the gross and subtle qualities of human learning and growth into a playful and moving experience.

Irma Vazquez,
SPHR and
Certified Yoga
Teacher [Bio](#)

Engage Irma to:

- Partner with you to plan an energizing meeting
- Facilitate your meetings
- Interject meditations or movements that keep energy fresh and creativity flowing
- Deliver a full yoga meditation or flow class as part of your meeting
- Bring yoga to your workplace



For consultation
contact

312.405.4219

irma@xuntaschicago.com

www.xuntaschicago.com

A Sample 30 minute guided meditation for more clarity will:

- Bring awareness to self using focus on breath
- Calm the mind, clear the mind chatter
- Sooth the nervous system
- Relax and re-energize the body with fresh oxygen and circulation
- Make space for more creativity, self-expression, collaboration and decision-making from a place of uncluttered authenticity

