



Yoga & YOGURT

Activity



A gentle, instructor-led yoga class, followed by a balanced yogurt parfait bar, is the perfect start to a productive day—sure to leave your attendees in a WOW state of mind!

Begin with these pre-planning steps:

- Determine if this event is suitable for your group by confirming that they are interested and able to participate.
- Ask the hotel Events Manager for help finding a certified instructor to conduct a session at the hotel for a nominal fee.
- Estimate between \$100-\$200 an hour for a certified instructor.
- Plan your yogurt parfait breakfast with the hotel catering department.
- Schedule a hotel walk-through with the instructor ahead of time, and ask that he or she arrive 30 minutes early the day of the event.
- Make parking arrangements for the instructor and share all details at least one day prior to the event.
- Make sure to give attendees advance notice about the activity so they can pack accordingly and prepare for the activity to last about 1 hour.

HANDY SUPPLIES:



Hand towels



Water



**Yoga mats
(Branded mats make great giveaways.)**



Be sure to talk with the instructor about the right style of yoga best suited for your group's fitness level. We suggest a gentle yoga session, often called Hatha, that is ideal for all levels.



These events are usually held early in the morning, prior to your scheduled meeting time, so attendees have time to change clothes and get ready for the day.

Hilton MEET WITH PURPOSE



CONRAD

canopy



CURIO



TAPESTRY



WowMaker Certified

