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.

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.

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.