

About Your Instructor Cathy.

Cathy Mines, RIHR, CHT

Cathy is the Owner and Director of Wellness at Reach Yoga. Organizing and facilitating Yoga & Meditation programs across the GTA as well as Retreats both in and out of the city. Cathy creates a safe environment for the experience of yoga where ever she goes.



Jokingly calling herself "Wellness On Wheels" as from her car unfolds a complete mobile yoga studio! with mats, yoga straps, music and candles. All **you** need to bring is your self. It is Cathy's goal to bring wellness programs to as many individuals, companies and schools as she can, helping to inspire the end of unnecessary stress in our lives. Yoga supports a well rounded look at healthy living and inspires us to truly enjoy all that we do at work and at play.

Cathy is a certified yoga instructor since 2003, a graduate of the Transformational Arts College Spiritual Psychotherapy Program and a Clinical Hypnotherapist. Most of all Cathy is living the dream of loving the work she does.

Kind Words

I think you are very talented at teaching/inspiring/relaxing people.

You put me at ease right away.

C.Davidson, First Harvest

Kind Words

You (with your sweet smile and welcoming nature) are the reason more people start taking classes.

B.Stephenson, YMCA

Yoga: Fuel for Mind and Body.

The 'Wellness At Work' Program



Balancing Work and Health... it can be done!
'Fuel for Mind and Body'

EST 2003



Balancing Work and Health.

Making the workplace a rich and vibrant place is good for the soul as well as the organization. People who are happy, content and feel like they are making a contribution will live longer healthier lives. They will also be more productive at work.

Yoga is well known for its positive effect on the body, the physical postures build strength, flexibility, endurance and confidence. The practice of meditation and breathing helps to clear the mind, calm the nerves and fine tunes our ability to concentrate. Yoga provides us with a system of movement and breathing exercises that focus on the relief of stress and stress related issues as well as a focus on living a healthier, fuller, more enthusiastic life.

An excellent place to start our life's enthusiasm is at work, after all we spend a lot of our time there, so why not find and acknowledge all the positive aspects of our day we can!

Reach Yoga's Wellness at Work Programs take these techniques in to the workplace promoting positive exchanges in business and the reduction of "bad stressors" in our lives.

Get yoga working for you today!

Unique Features of Our Programs:

- ★ Completely Mobile Studio.
- ★ Yoga Mats provided for up to 30 participants.
- ★ Music, candles, traditional bells set serene atmosphere.
- ★ All levels and abilities can participate.

Survey Says!



★ Individual Work Performance

can improve by 4-15% when people are engaged in regular physical activity.



★ Active Employees

take 22% fewer disability days, per person, per year than their sedentary counterparts.



★ Eighty Three Percent

of surveyed companies consider stress the biggest health risk to their organization.

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