



WE PROVIDE **SENIOR MEDITATION**

For senior living, silver sneakers, private homes, and more.

Providing seniors with the meditative tools and techniques to train the brain, calm the nervous system, meet with the challenges of aging, and enjoy the present moment fully.



ABOUT THE YOGIS

Innovative Yogis provides training & resources for physical, emotional, mental, and spiritual health. We use meditative and yogic techniques to develop mindfulness, focus, awareness, and optimal health in all levels of the body. It would be a joy to support you along your journey of evolution!

Brett & Penpa created Innovative Yogis to bring wellness into as many lives as possible. We have extensive training in meditation, relaxation, breathing, and psychology, as well as lots of experience teaching in homes, assisted living facilities, and at workshops, so we feel comfortable crafting something specific to meet your needs.



OUR SERVICES



GUIDED MEDITATION

To meditate is to become especially familiar with the mind and its habits. Ultimately, the purpose is to enable us to remain steady despite life's fluctuations.



BREATHING INSTRUCTION

The breath is the master key to the body. Learn how to use it to work with your nervous system, thoughts, and emotions.



MINDFULNESS PRESENTATION

The presentation provides an introduction to mindfulness in daily living. Attendees leave with several simple practices to put into immediate use.



(720) 233-2314



contact@innovativeyogis.com



www.innovativeyogis.com

PRICING

Our pricing is based on the number of participants you expect in the class. Pricing is the same for all class types, whether it's guided meditation, breathing instruction, a mindfulness presentation, or some other unique idea that you'd like to create.

We can travel outside of the Boulder Denver area (billed hourly on top of listed rates). If we need to stay overnight, lodging and per diem should be provided.

Reduced rates are available if you wish to add a series to your event (meeting multiple times) or if you want a recurring class at your facility (weekly, bi-monthly, or monthly).

**BELOW IS THE VALUE OF LIVE CLASSES,
ASSUMING WE'RE DRIVING TO YOU
(WITHIN 20 MINUTES)**

\$170: 1 - 5 people

\$200: 6 - 12 people

\$255: 13 - 20 people

\$325: 21 - 31 people

\$450: 32 - 50 people

\$615: 51 - 100 people

\$875: 100+ people



BUSINESSES WHERE WE'VE PROVIDED

MEDITATION & BREATH WORK

ARES

BLACK CREEK GROUP

Velocity Global™

INDUSTRY

GENSCAPE®
A Wood Mackenzie Business

PRA
Experience Anywhere.™

Cardinal Group
COMPANIES

tack

AMERICAN MILITARY FAMILY GOT YOUR SIX
#AMFGY6

AMERICAN MILITARY FAMILY

"TAKING OUR STRUGGLING/SUICIDAL VETERANS & FIRST RESPONDERS FROM SUICIDAL TO SUCCESSFUL"

Still not sure what to think? Don't worry. We're here to talk it through!
Drop us a line at contact@innovativeyogis.com or call (720) 233-2314
to ask any questions you might have.