



**PLATINUM**  
**YOGA**

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**A Healthy Company  
starts with Healthy  
Employees.**

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## WE BELIEVE YOGA IS FOR EVERYONE & ANYONE

We're here to support and empower your journey towards personal health and wellness.

Platinum Yoga offers all levels and styles of Yoga in Singapore, with hundreds of classes available 7 days a week.

Our Yoga instructors are the best in the industry and represent the full spectrum of Yoga disciplines.

You'll definitely find a comprehensive list of classes that will rejuvenate you at our studios.

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**How will Yoga  
benefit your  
employees?**





- ❖ Stress reliever
- ❖ Increase focus & concentration
- ❖ Energy & productivity boost
- ❖ Improves breathing
- ❖ Reduces neck, back and shoulder pain
- ❖ Creates an optimistic work environment
- ❖ Great for team-building



**Why choose  
Platinum Yoga?**



- ❖ Convenient Locations islandwide
- ❖ Flexible Timings
- ❖ Customisable Classes
- ❖ Daily specialised Yoga & Pilates classes
- ❖ Over 35 varieties of classes
- ❖ World class Professional Yoga Teachers
- ❖ Provision of shower & locker room facilities
- ❖ 15% OFF Yoga Boutique



**What Can We  
Offer You?**



# SPECIAL CORPORATE OFFER

- ❖ Unlimited Group Class Memberships
- ❖ Private Group Yoga Classes
- ❖ Class Cards



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**group***m*



**PUB** SINGAPORE'S  
NATIONAL  
WATER AGENCY

**Companies we  
have worked**

***“Great teacher with good knowledge of Yoga” - UPS***

***“Great workout with a lot of challenging poses” - Salesforce***

***“Regular practice every week helps us to stay calm and relax. Thank you Platinum yoga.” -***

Facebook

**What our client  
say about us**

## Some Fun Classes

## We Have Done Before

<b>Buddy / Partner Yoga</b>	<b>For team building</b>
<b>Spine Extension</b>	<b>For better posture</b>
<b>Neck, Back &amp; Shoulder</b>	<b>For stress reduction</b>
<b>Meditation &amp; Breathing</b>	<b>For better decision making</b>
<b>Posture &amp; flexibility analysis</b>	<b>To rectify &amp; correct posture</b>
<b>HIIT Yoga</b>	<b>Lets sweat together</b>
<b>Anti-Aging Yoga</b>	<b>To stay young</b>
<b>Aerial Yoga</b>	<b>To have fun together</b>