

✨ **HOMEPAGE Section**

✓ **Title Polished:**

Corporate Wellness Solutions for Today's Workforce

Reducing Stress • Boosting Productivity • Enhancing Well-Being

✨ **Refined Intro (just lightly tightened for flow):**

At Detroit Yoga Institute (DYI), we help organizations implement **high-impact wellness programs** that support stress management, employee engagement, and long-term resilience.

With burnout, screen fatigue, and retention challenges on the rise, companies need more than perks—they need **wellness strategies that work.**

✓ **What We Offer: Add clarity and flow**

- ✓ On-Site Corporate Yoga & Breathwork Sessions (2–3x per week)
- ✓ Leadership & Executive Wellness Coaching
- ✓ Quarterly Wellness Retreats (On- or Off-Site)
- ✓ Custom 4-Week Employee Wellness Challenges
- ✓ Engagement Tracking & Workplace Wellness Reports

✓ **Call to Action Polished:**

 **Book Your Corporate Wellness Consultation Today**
[Schedule a Call]

✨ **ABOUT US Section – Just a touch of polish**

At Detroit Yoga Institute (DYI), we specialize in **corporate wellness programs designed for modern workplaces.**

Our mission is to help organizations build a culture of well-being, resilience, and peak performance.

Led by **Nilajah**, a seasoned wellness educator and mindfulness coach, DYI brings a trauma-informed, whole-person approach to workplace wellness.

Whether it's through weekly sessions, private leadership coaching, or full-day retreats, we empower companies to create a more **focused, balanced, and engaged workforce**.

✨ **SERVICES PAGE – Clean it up for web readability**

Just slight edits here:

1 Corporate Yoga & Breathwork Sessions

- ✓ 2–3x per week, customizable for all team sizes
- ✓ Reduce stress and mental fatigue
- ✓ Improve posture, focus, and mood
- ✓ Boost morale and team connection

2 Leadership & Executive Wellness Coaching

- ✓ Private coaching for HR teams, executives, and managers
- ✓ Strategic stress reduction and energy management
- ✓ Improve clarity, presence, and leadership resilience

3 Quarterly Corporate Wellness Retreats

- ✓ Half-day or full-day (on-site or off-site)
- ✓ Deep relaxation, movement, and breathwork
- ✓ Team-building through mindfulness and healing practices

4 Custom Employee Wellness Challenges

- ✓ 4-week themed challenges for workplace engagement
- ✓ Includes movement, mindfulness, and wellness prompts
- ✓ Participation tracking and leadership updates

5 Workplace Wellness Reports & Tracking

- ✓ Employee engagement reports
- ✓ Data to support HR initiatives
- ✓ ROI metrics on wellness investment

✨ CLIENT TESTIMONIALS Section

Perfect as is—just make sure you swap in *real names* if you're ready, or keep them as placeholders.

🌀 Final Call to Action (bottom of page):

✉ Interested in Transforming Your Workplace with Wellness?

[Contact Us Today]

Detroit Yoga Institute (DYI) | [Your Website] | [Your Email] | [Your Phone]

🌿 Summary:

- ✓ You are READY
- ✓ Minor tweaks are in to improve clarity + UX for corporate visitors
- ✓ You can confidently tell GoDaddy: “We’re going all in on Corporate Wellness. Let’s update the site to reflect my offerings for organizations and HR professionals.”