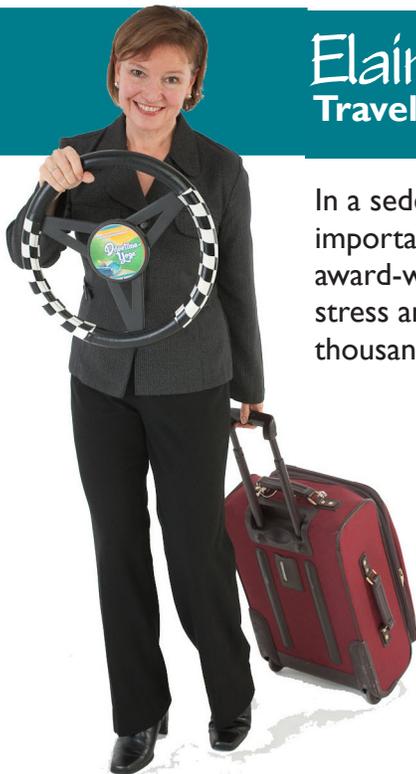


Elaine Masters, RYT

Travel Wellness Coach, Speaker, Award-winning Author



In a sedentary world fraught with stress, obesity and bruising schedules, it's more important than ever to be proactive about wellness. With humor and dynamic grace, award-winning author, Elaine Masters, connects with her audiences, bringing easy stress and strain relief drawn from the wisdom of Yoga, ergonomic awareness and thousands of miles in the air and on the road.

"Thank you so much for introducing my Board of Directors to chair yoga. You did a great job and they loved it. They were still talking about at dinner that night. I look forward to working with you again."

~ Karen Fricke, Executive Director, Apartment Assoc. Inland Empire

"Flying for any length of time can leave travelers aching, but a few stretches during the journey might prevent the pain. ..Elaine Masters provides safe, simple stretches for before, during and after the flight."

"... Elaine (has) developed what's arguably the most unique and beneficial tool for commuters since the stop light."

~ Rick Bell, Extreme Commuter, Examiner.com

Keynotes & Classes include

Travel Well:

Simple, safe stress relief for travelers. Small, targeted techniques to help fliers and commuters arrive feeling vibrant. Includes PowerPoint & hand-outs. ~ 45 - 90 minutes

Commuter Yoga: Road-tested, simple stress relief for drivers. How to ease back pain and arrive feeling great. Ergonomic awareness & Yoga inspired techniques. ~ 45 - 60 minutes

Chair / Office Yoga: Easy stretches and breathing techniques to reduce repetitive strains, increase flexibility and energy. ~ 45 - 60 minutes

Session Breaks: Energize your next meeting or conference with brief and fun chair and standing stretches. ~ 15 minutes



Help your team:

- ~ Relieve stress.
- ~ Be more effective.
- ~ Increase energy
- ~ Ease back, neck pain, sore shoulders
- ~ Reduce Workman Comp Claims
- ~ Lower Blood Pressure

Past clients include:

BioPro, Optimer Pharma, San Diego Hospice, Omnitrans Inland Empire, International Symposium of Yoga Therapists, Kaiser Permanente, Whittier, Santa Monica and Solana Beach Libraries, North County Chiropractic

Book Elaine for your next meeting, event or team retreat:

Elaine@DrivetimeYoga.com 858-449-3246

P.O. Box 237, Solana Beach, CA 92075

www.TripWellness.com / www.DrivetimeYoga.com



Drivetime Yoga, Flytime Yoga and Officetime Stretches books and audio are available at:
www.DrivetimeYoga.com