

Business Face of the Week



Lynn Roberts is a new resident to Kamloops. She is a yoga teacher and the Director and Owner of “Innergy Corporate Yoga Inc.”, a corporate yoga and pilates company. The company offers workplace classes to help businesses lower healthcare costs and boost productivity, and to help employees reduce stress and increase “innergy”. Lynn started the company out of Vancouver five years ago, but since making a personal move here with her husband and two daughters in January, has now expanded the business to Kamloops. She is currently working on franchising the company nationally. You can check out Innergy’s website at www.innergycorporateyoga.com.