



corporate yoga



Tailored online yoga sessions designed around your team's needs, with flexible and adaptable formats.

Styles and Practices:

- Yin Yoga: gentle stretching and relaxation
- Functional Vinyasa: flowing movements for strength and mobility
- Yoga Nidra: guided deep relaxation
- Somatic practice, breathwork, and meditation: body awareness, emotional balance, and focus

Benefits of a regular yoga practice for your team

- Stress reduction and increased wellbeing
- More energy, motivation, and mental clarity
- Improved self-perception of the body and its needs
- Prevention of muscle tension, back pain, and fatigue
- Flexibility: online sessions easily integrated into the workday

Format

- Individual or group sessions / Duration: 45-60 minutes
- Frequency: weekly, biweekly, or customized
- Additional materials: recordings and practice sheets for independent practice

