

Workshop Portfolio – Julia Ehni

Immersive wellbeing and creativity sessions for companies in Copenhagen

My workshops are designed to reduce stress, foster resilience, strengthen focus, and inspire both individual balance and team connection. All sessions are interactive, adaptable to diverse groups, and available in English or German.

Formats: 45, 60, 75, 90 minutes or 2 hours · On-site in Copenhagen or online

Wellbeing & Regeneration

Gentle, embodied practices that release tension, boost vitality, and restore inner balance:

- Yoga Sessions (Flow, Stråla, Morning, Lunch-Break, After-Work) – for flexibility, mobility, creativity
- Yoga Nidra – deep relaxation, stress release, conscious rest
- Breathwork & Meditation – focus, calm, mental clarity
- Living Yolates – fusion of yoga, dance, pilates, and energy work
- Soft Somatic Flow / Embodied Yoga – nervous system-focused movement for resilience and immunity

Creativity & Expression

Workshops that combine movement, imagination, and play to inspire innovation:

- Yoga & Art Workshop – connecting body awareness with creative expression
- Living Yolates Dance Workshop – joyful movement for courage and inspiration

Energy & Performance

Sessions that activate focus, resilience, and long-lasting energy:

- Energizing Morning Sessions – activating breath, focus, and movement
- Unwinding Afternoon Flow – releasing stress and resetting after work
- Immune Boost Practices – breath and movement for vitality, clarity & health

Specializations

- Living Yolates – certified by Mikkala Kissi
- Stråla Yoga – certified by Tara Stiles & Mike Taylor
- Yoga Nidra – deep relaxation and conscious rest
- Yo-Qi – fusion of Yoga & Qi Gong
- Embodied Yoga & Somatic Flow – intuitive nervous system practices
- Reiki Healing – holistic energy work
- Children's Yoga

Workshop Framing for Companies

All sessions are tailored to professional environments and framed around tangible outcomes:

- Stress Release & Inner Balance
- Creativity & Flow
- Resilience & Energy
- Focus & Concentration
- Team Connection & Trust

✨ Participants leave feeling energized, connected, and inspired – with practical takeaways that directly improve wellbeing, performance, and team culture.