

DENIZ ORBAY

Well-being

Services & Consultancy

WELL-BEING CONSULTANT FOR CORPORATIONS & INDIVIDUALS



Hi! *I'm Deniz.*

I'm a Holistic Well-being Consultant,
Yoga Instructor & Ayurvedic Coach
based in Barcelona.

I help individuals and corporations to prioritize well-being.

After a decade in marketing, including managerial roles, I transitioned into wellness, merging my corporate experience with my passion expertise in holistic health.

I create tailored programs to help individuals manage stress, enhance focus, improve digestion and sleep, and achieve work-life balance, using practical tools and food as medicine for balanced and fulfilling lives.

Prioritize *Well-being*

Well-being, taking care of ourselves and becoming our best isn't just personal; it's a commitment to those around us, creating more joy, energy and balance in work, life and the world.



My *Well-being* Philosophy

I believe well-being is a way of living—natural, intuitive, and woven into daily life. Rooted in yoga, Ayurveda, and real-life rhythms, my approach is about nourishment, presence and sustainable balance.

I don't offer quick fixes. I create space for reflection, meaningful rituals and change that feels good, natural and lasts. Because when we feel better, we work better and live brighter!



Corporate *Well-Being*

Practical tools and resources to support mindfulness and growth, empower conscious choices and build meaningful connections for sustainable well-being through on-site or off-site programs.

Corporate Well-Being Services

Tailored wellness programs for companies, co-working spaces, and organizations that value employee well-being.

1. Well-being Workshops
2. Mindful Team Building
3. Conscious Workplace Events
4. Mindful Off-sites
5. Dedicated Well-Being Days
6. Accessible Digital Content



1. Well-Being Workshops

Interactive sessions on employee well-being, stress management and building healthier habits through practical tools and mindfulness.



2. Mindful Team-Building

Engaging and creative wellness activities to promote collaboration, communication and strengthen team connections.



3. Conscious Workplace Events

Curated wellness events including yoga, breathwork, sound healing and treatments to promote a healthy workplace.



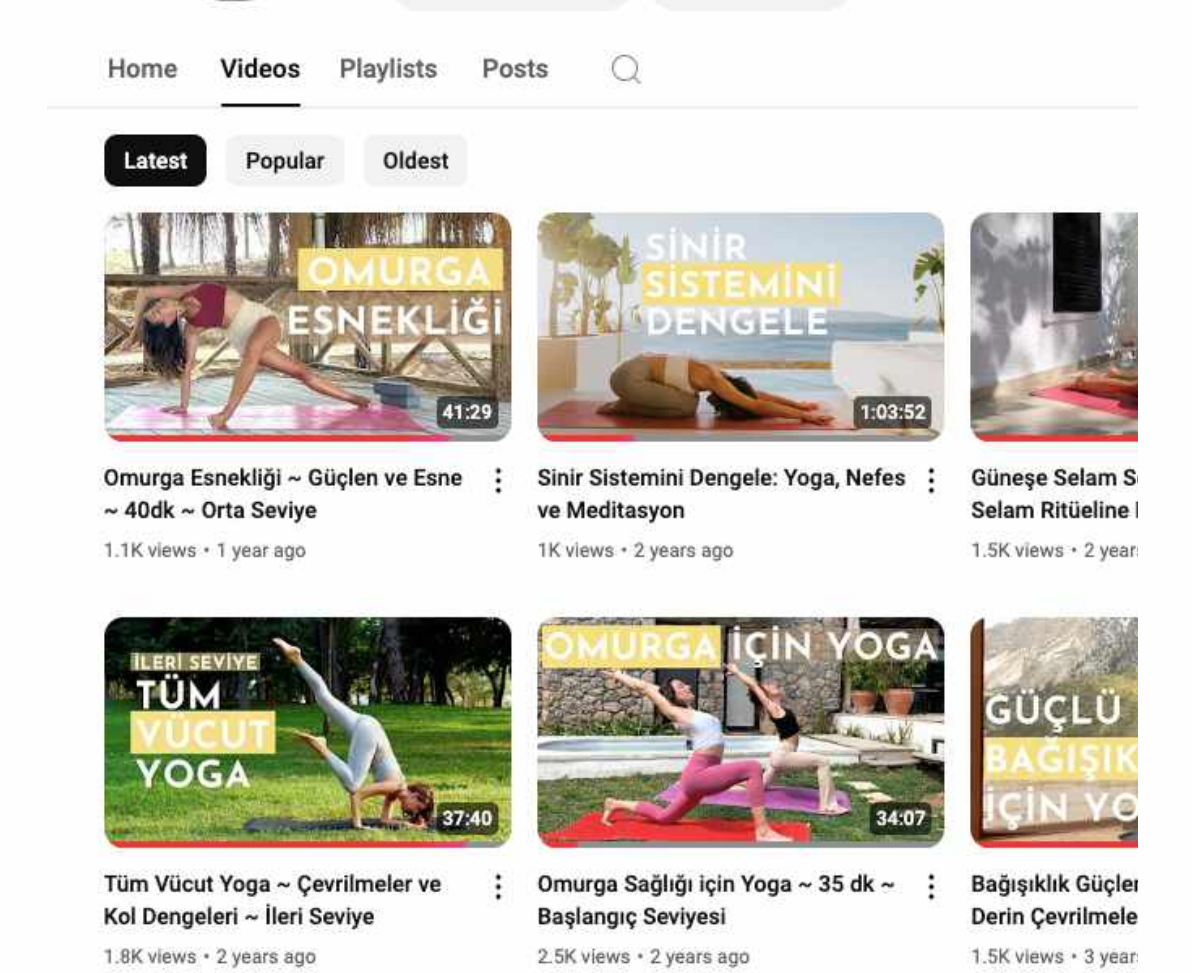
4. Mindful Off-Sites

Corporate off-sites designed to help employees slow down, reconnect with nature and build stronger team bonds.



5. Dedicated Well-Being Days

A day focused on employee well-being with mindfulness, movement, breathwork, and wellness activities, on-site or virtual.



6. Accessible Digital Content

Workbooks, journals, videos, and audio resources to support employee well-being and integrate wellness practices into daily life.



1. Well-Being Workshops

Interactive and engaging workshops designed to help employees manage stress, improve energy levels, be more productive with with the main objective to integrate healthy habits into their daily routines for long-term well-being and balance.

- How to Own Your Time & Energy
- How to Master Your Stress Response
- How to Be Productive Without Burning Out
- Why Sitting Right Could Change Your Life
- Sleep Better to Wake Up Your Best Self



1. Well-Being Workshops

How to Own Your Time & Energy

Strategies and tools to manage your energy, set healthy boundaries, and create sustainable routines that support work-life balance, professional success, and personal well-being



1. Well-Being Workshops

How to Master Your Stress Response

Tools and techniques to understand and manage stress effectively, restoring energy and balance.



1. Well-Being Workshops

How to Be Productive Without Burning Out

Tools and techniques to understand and manage stress effectively, restoring energy and balance.



1. Well-Being Workshops

Why Sitting Right Could Change Your Life

Postural awareness, daily practices, and tips to prevent back pain, improve mobility, and support long-term spinal health for a better quality of life.



1. Well-Being Workshops

Sleep Better to Wake Up Your Best Self

Improve sleep with practical tips, calming routines, and sound healing to support well-being and relaxation.





2. Mindful Team-Building Experiences

Interactive sessions that strengthen team connections through movement, mindfulness, healthy food, and shared experiences, promoting self-awareness, collaboration and overall wellbeing.

- Team Cooking Challenge
- Mindful Morning Meditation
- Healthy Community Brunch
- Manual of Me > Your Guide to Work & Well-Being



2. Mindful Team Experiences

Team Cooking Challenge

A fun, interactive team-building experience where colleagues cook seasonal, healthy recipes while collaborating and competing.

After preparing dishes, teams taste and vote for their favorites, with the winning team receiving a special prize—promoting teamwork and well-being in a delicious way!



2. Mindful Team Experiences

Mindful Morning Meditation

How we start the day, a meeting or a project sets the tone. This 30-minute practice combines breathwork, meditation, and journaling to create clarity and focus.

Designed as a daily practice to build the habit of intentional living and staying connected to your goals.

A PDF workbook supports reflection, goal-setting and growth beyond the session.



2. Mindful Team Experiences

Healthy Community Brunch

Our needs change with the seasons, influencing what we eat, do and practice.

This unique experience combines a seasonal brunch or lunch with a talk on nutrition, well-being practices, and daily routines for a balanced life. It invites open conversations about health, self-care and habits creating deeper connections within teams.



2. Mindful Team Experiences

Manual of Me

Create your manual for better connections.

A powerful self-awareness workshop that includes breathwork and movement sessions to connect deeply within, reflect on personal needs, working style, and well-being priorities, enhancing connection and collaboration within teams.





3. Conscious Workplace Events

Curated well-being sessions, including yoga, breathwork, sound healing, meditation, and wellness treatments, helping teams recharge, reset, and create a healthier work environment.

- Morning Bliss: Yoga & Matcha
- Mid-day Stretch & Energize
- Mindful Office Breaks
- Breathwork Session for Teams
- Sound Healing
- Wellness Treatments



3. Conscious Workplace Events

Morning Bliss: Yoga & Matcha

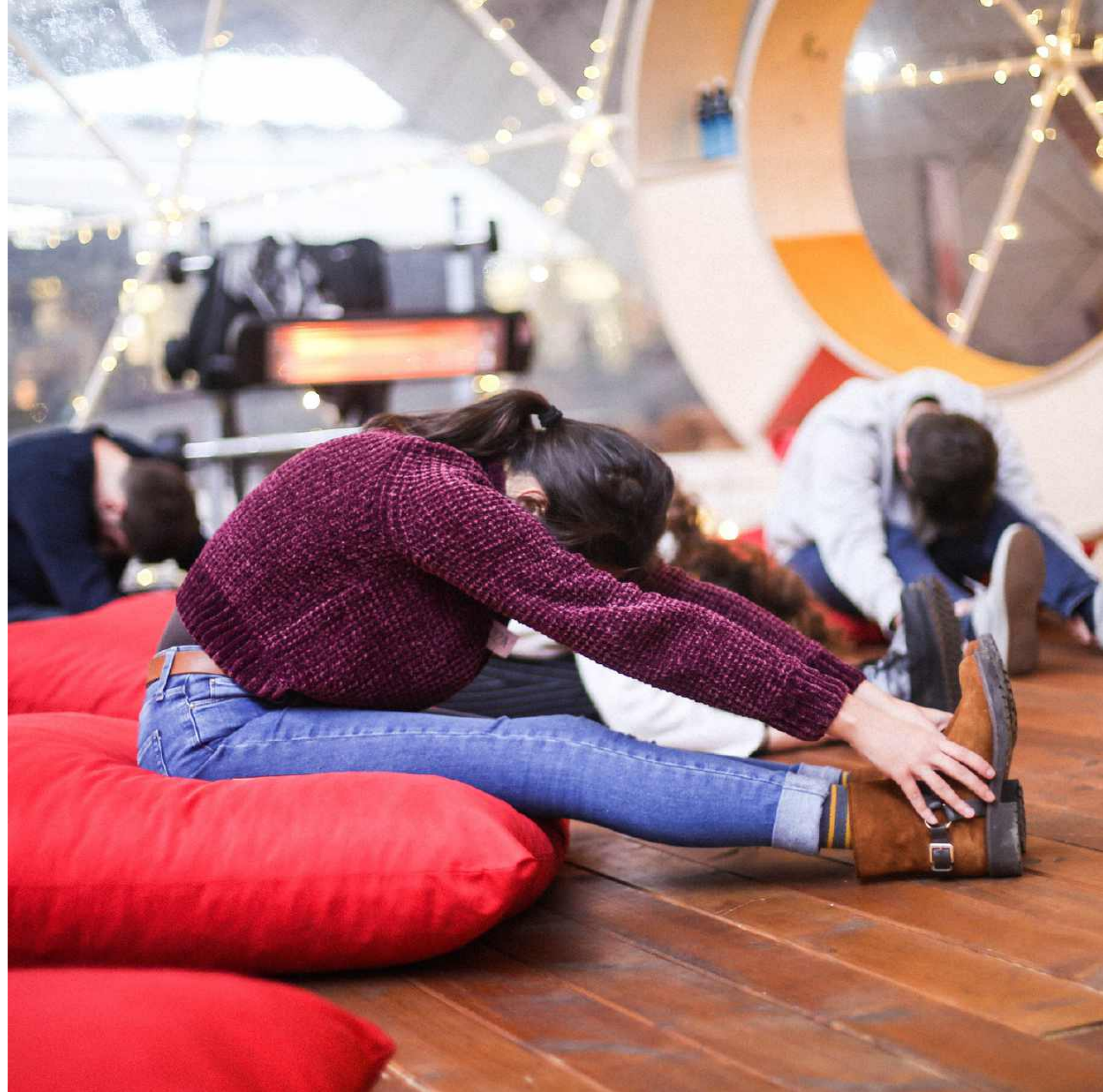
A morning session to start the day with yoga and a mindful matcha ritual to boost energy and set a positive tone.



3. Conscious Workplace Events

Mid-day Stretch & Energize

A mid-day session movement & breathwork to refresh and re-energize.



3. Conscious Workplace Events

Mindful Mornings: Mindful Office Breaks

This program offers short breathwork, meditation, and movement sessions to reset, recharge, and refocus. An energizing alternative to coffee breaks, which can lead to energy crashes.

Running every Monday for a month, this program promotes awareness and connection.

Participants collect Mindful Break Stamps, earning a free 1:1 yoga and breathwork session after 10 sessions.



3. Conscious Workplace Events

Breathwork Session for Teams

A 1-hour session focused on breathing techniques to reduce stress, regulate the nervous system and the energy levels.



3. Conscious Workplace Events

Sound Healing Journey

A deep relaxation and healing session using the power of sound frequencies to restore balance and support emotional well-being.



3. Conscious Workplace Events

Wellness Treatments

On-site massage, face yoga, aromatherapy
wellness offerings for restorative and rejuvenating
care.





4. Mindful Off-sites

Retreats designed to slow down, reconnect with nature, and strengthen team bonds through yoga, mindfulness, and holistic wellness. With activities like hiking, meditation, breathwork, digital detox, journaling, and quiet reflection, these retreats offer a true reset—helping teams recharge and return to work refreshed and recharged.





5. Dedicated Well-being Days

A dedicated day to review and prioritize health and well-being. Designed to recharge physically and mentally, it includes yoga, meditation, breathwork, mindfulness workshops, healthy meals and relaxation techniques to promote well-being and connection.



6. Accessible Digital Content

A collection of workbooks, journals, videos and audio resources designed to provide ongoing support, helping people integrate well-being practices into their daily lives at their own pace to create a sustainable and permanent change.



A Human-Centered Approach

Support your team's mental, physical, and emotional health with a workplace wellness program that's designed to last, rooted in real connection, clarity, and conscious leadership.

1. Start with What Matters

We begin by understanding your people. Through employee feedback, open conversations, and workplace culture analysis, we uncover what your team is truly experiencing; what's missing, what's needed, and what's possible for a healthier work environment.

2. Co-Create the Program

Every team is different. Together, we build a customized employee wellness program that speaks your team's language. From stress management tools and mindful routines to energy-boosting habits and work-life balance tips we integrate wellness into your team's daily flow.

3. Program Launch

We launch your well-being initiative through engaging wellness workshops, movement sessions, guided meditations, digital resources, and conscious team rituals. We ensure the experience is meaningful, relevant, and impactful for your team.

4. Evolve & Expand

Well-being is not a one-time event. We help your team stay engaged and supported with regular check-ins, updated resources, and seasonal recalibrations that respond to changing needs and workplace dynamics.

Trusted by clients and partners worldwide.

A selection of client feedback and project context, highlighting outcomes
and experiences from past collaborations.



"15-minute yoga and meditation sessions boosted our team's productivity. We're grateful!"

Mindful Office Breaks program with a healthy snack bar, later adapted to one-hour online classes during the pandemic.



"Deniz's method deepened my love for yoga and its impact on my career."

Kimpur, one of Turkey's largest industrial companies, implemented the 'Mindful Office Breaks' program to reduce stress, boost team spirit, and promote well-being.



"Deniz played a key role in our meeting, raising awareness about well-being."

Mindfulness sessions at Coldwell Banker's annual meeting, featuring breathwork and self-compassion meditation to reduce workplace stress and support well-being.



"Highly recommend Deniz's method for self-care and well-being!"

Yoga class videos and meditation recordings for Wellbees, a corporate well-being app, available in Turkish and English.



Monthly Well-being Days at Talent Garden Barcelona, featuring programs like Mindful Office Breaks and Reset & Reflect sessions to reduce stress, start the new year with intention and promote overall well-being.

Talent Garden, Barcelona



A seasonal, healthy community lunch followed by a session on aligning with autumn, featuring a talk on nutrition, well-being practices, and daily routines for a balanced life, creating deeper connections with co-working members and the community.

Maui Co-Working, Barcelona

Let's start our journey!

DENIZ ORBAY // WELL-BEING CONSULTANT FOR
CORPORATIONS & INDIVIDUALS



Email: info@denizorbay.com

Web: denizorbay.com/en/

Phone: +34 637 218 274

