



MEET VANESSA, FOUNDER & FACILITATOR

In a world of data overload and constant delivery pressure, I draw on my fast-paced corporate experience, yoga training and biology background & knowledge of the mind & body to help teams reset and unlock deeper creativity together. I help your teams:

RECONNECTING

with their creativity and with others

REFOCUSING

on inner sensations

RESTORING

mental clarity & spaciousness



Sustainable
investment for a
healthier workplace

Contacts



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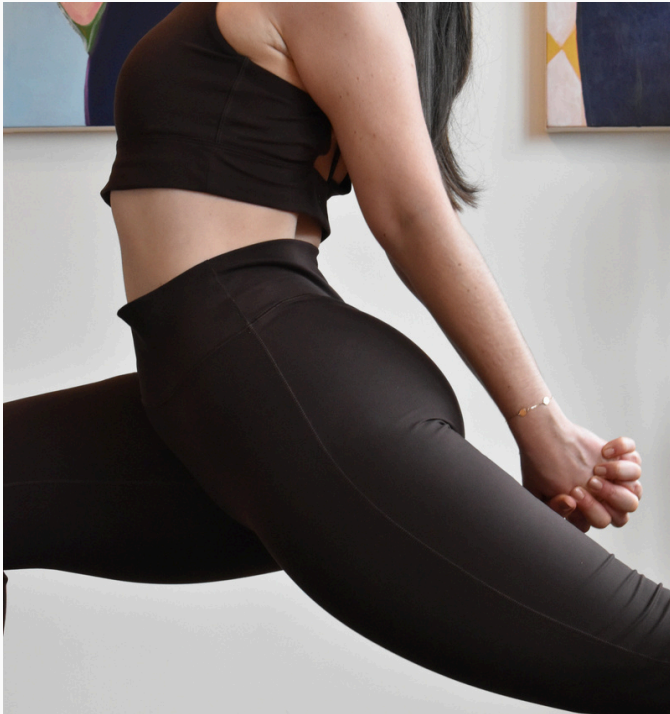


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CORPORATE WELLBEING OFFERS

Where embodied
presence unlocks creative
excellence





START THE COLLABORATION

Ready when you are, to shape an experience that elevates your teams' creative flow.

- 01 Get in touch using the contact details in this brochure
- 02 Chose your package
- 03 Chose your yoga style
- 04 Start flowing with intention

ENQUIRE PRICES

- 01 **STARTER** | INTRODUCTION OFFER
- 02 **GROWTH** | MONTHLY WELLBEING OFFER
- 03 **PREMIUM** | WEEKLY WELLBEING OFFER

From yoga sessions to guided meditation and wellbeing extras, every offering is designed to meet your team where they are.

Each package can be tailored to your culture, priorities, and the way your people work best.



RESTORING SPACE FOR BETTER THINKING

These offers are grounded in evidence-based practices that support both wellbeing and sustainable performance.



YOGA & BREATHWORK

calm the nervous system & improve mental clarity

MEDITATION

strengthens focus & supports decision making

REFLECTIVE JOURNALING

helps reframe challenges & integrate insights