

Movement, Mobility & Wellbeing Reset

with Thamy Ixer

Strengthen your body • Support your wellbeing
• Find balance

Duration: 45-60 minutes

A practical session designed to reduce stiffness, improve mobility, enhance posture and support overall wellbeing through accessible movement practices.

Participants will explore:

- ✓ Joint mobility
- ✓ Functional movement
- ✓ Balance
- ✓ Posture awareness
- ✓ Gentle strength
- ✓ Everyday movement strategies

Ideal for:

Office teams, hybrid workers, active professionals.

Strength

Breath, Move & Restore

with Thamy Ixer

Move

Strengthen your body • Support your wellbeing
• Find balance

Duration: 45-60 minutes

A guided wellbeing session combining breathwork, mobility and relaxation techniques to help participants release tension, improve focus and support nervous system regulation.

Create

Participants will experience:

- ✓ Breath awareness
- ✓ Mobility exercises
- ✓ Stress reduction techniques
- ✓ Guided relaxation
- ✓ Mind-body connection

Ideal for:

Wellbeing weeks, employee wellbeing programmes, leadership retreats.

Breathe

Strength

Beyond the Sagittal Movement

with Thamy Ixer

Move

Strengthen your body • Support your wellbeing
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Duration: 60 minutes

A unique movement session exploring how multi-directional movement can improve strength, coordination, mobility and resilience for everyday life.

Create

Participants will learn:

- ✓ **Multi-directional movement**
- ✓ **Functional strength**
- ✓ **Balance and coordination**
- ✓ **Joint health principles**
- ✓ **Practical movement strategies for daily life**

Ideal for:

Active teams, sports groups, wellbeing events.

Strength

Breathe

Desk Mobility for Modern Working

with Thamy Ixer

Move

**Strengthen your body • Support your wellbeing
• Find balance**

Duration: 30-45 minutes

A practical session addressing the effects of prolonged sitting and screen-based work

Create

Participants will explore:

- ✓ Neck and shoulder mobility
- ✓ Thoracic spine movement
- ✓ Hip mobility
- ✓ Breathing patterns
- ✓ Energy and focus

Ideal for:

Corporate offices and remote teams.

Strength

Breathe

Intentional Wellbeing: Transformation Through Movement

with Thamy Ixer

Move

Strengthen your body • Support your wellbeing
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Duration: 60-75 minutes

Participants explore how small intentional actions can create meaningful change in both personal and professional life through:

- ✓ **Breathwork**
- ✓ **Mobility**
- ✓ **Reflection**
- ✓ **Balance practices**
- ✓ **Guided relaxation**

Theme examples:

- 🌸 **Focus**
- 🌸 **Balance**
- 🌸 **Adaptability**
- 🌸 **Resilience**
- 🌸 **Transformation**

Ideal for: Leadership retreats, wellbeing days, team development events and personal growth programmes

Breathe

Strength