

# WELLBEING EXPERIENCES FOR GUESTS, MEMBERS & THE LOCAL COMMUNITY



*by Thamy Ixer*

Yoga Teacher | Movement, Mobility &  
Wellbeing



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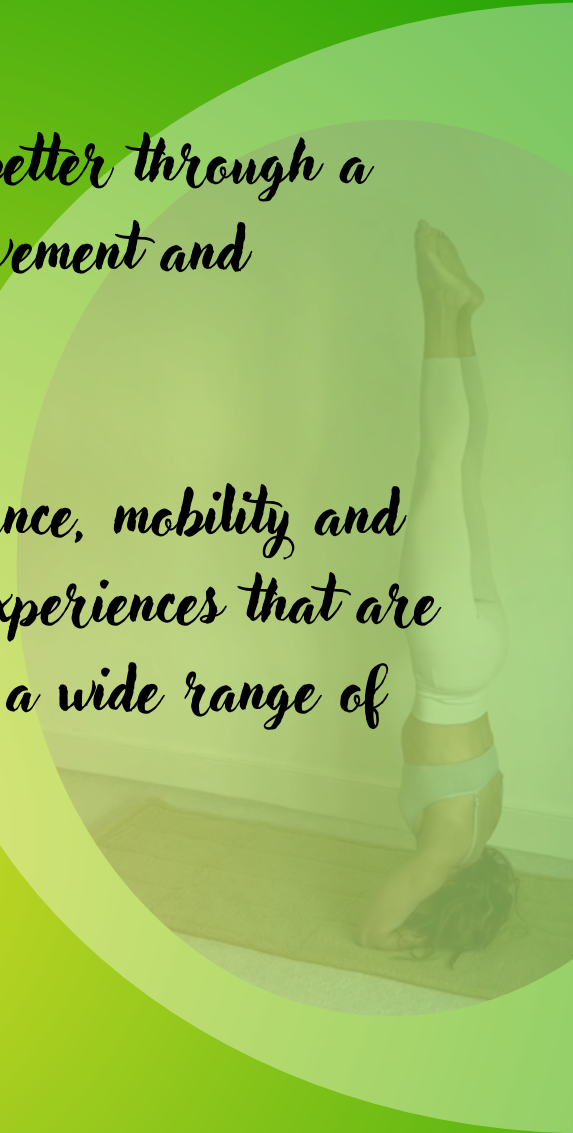
## About Me

*I help people move, breathe and feel better through a blend of yoga, mobility, functional movement and wellbeing practices.*

*My approach combines strength, balance, mobility and nervous system regulation to create experiences that are accessible, welcoming and suitable for a wide range of participants.*

- RYT 200 Hatha | Vinyasa |
- 15 hrs Yin Yoga Training
- 30 hrs advanced yoga Training in inversions, breathwork, Thai massage, philosophy and movement practice. Krabi, Thailand
- Level 3 Personal Training qualification (certificate pending)
- Fundraising and community engagement background

Based in London, UK (currently mentored by Cordelia Simpson in Adho Mukha Vrksasana (handstands)).



## *Sunrise Rooftop Mobility & Breath*

**60 minutes**

Guests/clients begin the day with the following:

- Gentle mobility
- Breathwork
- Balance
- Functional movement
- Rooftop views

Benefits:

Energy

focus

Mobility

Stress reduction

## *Rooftop Wellness Experience*

**75 - 90 minutes**

Movement + Breath + Relaxation

Guests enjoy a guided wellbeing session followed by refreshments on the rooftop terrace

Creates a premium guest and community experience.

Followed by:

- Coffee
- Fresh juices
- Smoothies
- Healthy breakfast options
- Mocktail
- Rooftop social time

## Breath, Move & Restore Evenings

**60 minutes**

Perfect for hotel guests, local residents and corporate professionals seeking an after-work reset

- Mobility
- Breathwork
- Stretching
- Relaxation

Followed by:  
Rooftop drinks  
Light food  
Social connection

## Seasonal Wellbeing Events

**75 - 90 minutes**

Examples:

- Summer Sunrise series
- Summer Solstice Rooftop Flow
- Autumn Reset
- Winter Wellness Evening
- New Year Intention Experience

Creates a premium guest and community experience.

Why

# it works for Courthouse Hotel

- ✓ Enhances guest experience
- ✓ Activates rooftop space
- ✓ Attracts local wellness audiences
- ✓ Creates food & beverage opportunities
- ✓ Supports wellbeing-focused brand positioning
- ✓ Creates social media and marketing content opportunities

**These experiences combine movement, mobility, breathwork and wellbeing practices to support physical and mental wellbeing while creating memorable guest experiences.**



### **Functional Strength**

Build strength that supports real-world movement & daily activities



### **Better Mobility**

Move with greater ease, confidence and freedom in everyday life



### **Nervous System Regulation**

Feel calmer, more grounded and better able to manage stress



### **Long-Term Vitality**

Invest in practices that support long-term health and vitality for years ahead