

BHAVIN THAKKER

CORPORATE YOGA & WORKPLACE WELLBEING

Experience Portfolio

London, UK · In-person, Online & Hybrid

Supporting healthier, more resilient and focused workplaces

Bhavin Thakker delivers practical, accessible yoga-based wellbeing experiences for corporate teams, leaders and organisations.

With 26 years of international teaching experience, his approach combines traditional yoga with contemporary perspectives from neuroscience, psychology and mental wellbeing. Sessions integrate movement, breathwork, mindfulness, meditation and relaxation to support stress management, mental clarity, resilience and sustainable wellbeing.

Experiences can be delivered as standalone sessions, workplace wellbeing events, workshops or recurring programmes, and adapted to the needs, culture and setting of each organisation.

EXPERIENCE PORTFOLIO

01 · Workplace Yoga for Stress & Energy

An accessible yoga-based session combining mindful movement, breathing and relaxation to help participants release physical tension, reset and return to the working day with greater ease and awareness.

Participants experience

- Accessible yoga and mindful movement
- Breath-led practices
- Techniques for releasing everyday physical tension
- Guided relaxation and mental reset
- Practical tools that can be incorporated into the working day

Suitable for Employee wellbeing programmes · Lunchtime sessions · Wellbeing days · Team events · Regular workplace classes

Format Adaptable from a short experiential session to a 45–60 minute class or recurring programme. Suitable for mixed levels and adaptable to office environments.

02 • Yoga for Focus, Resilience & Healthy Performance

A movement- and breath-based experience exploring practical ways to manage pressure, develop greater self-awareness and support focused, sustainable performance.

Participants explore

- Mindful movement and embodied awareness
- Breathing practices for calm and focus
- Mindfulness and attention
- Responses to pressure and everyday stress
- Practices supporting resilience and recovery

Suitable for Corporate teams • Senior professionals • Leadership groups • Team away days • Leadership and resilience programmes

Format 45–60 minute session or extended workshop, with content adapted to the audience and organisational objectives.

03 • Breathwork, Mindfulness & Guided Relaxation

A practical session introducing accessible techniques for using breath, attention and relaxation to support calm, focus and recovery during the working day.

The experience combines breathwork with mindfulness, guided relaxation and reflective practices, drawing on traditional yogic approaches while remaining informed by contemporary perspectives on attention, emotional wellbeing and self-regulation.

Suitable for Wellbeing programmes • Lunch-and-learn sessions • Wellbeing events • Team resets • Workplace recovery and stress-management initiatives

Format 30–60 minutes, delivered in person or online and adaptable to the working environment.

04 • Mindfulness & Embodied Awareness

An experiential session exploring the relationship between attention, bodily awareness and mental wellbeing.

Participants are guided through mindfulness, meditation and embodied practices designed to encourage greater presence, self-awareness and mental clarity.

Suitable for Employee wellbeing initiatives • Team development • Away days • Leadership groups • Wellbeing events

Format 30–60 minutes, or incorporated into a wider wellbeing programme.

05 • Bespoke Corporate Wellbeing Sessions

Tailored experiences designed around the organisation, audience, setting and intended outcomes.

A bespoke session may combine:

Yoga • Mindful Movement • Breathwork • Mindfulness • Meditation • Guided Relaxation • Visualisation • Reflection

Content can be shaped around themes such as stress management, resilience, focus, energy, recovery, team wellbeing or sustainable performance.

Suitable for Corporate wellbeing days • Team away days • Leadership offsites • Employee wellbeing programmes • Bespoke organisational initiatives

Format Flexible — from a short experiential session through to a 60–90 minute workshop, multi-session programme or wider wellbeing event.

DELIVERY & ADAPTABILITY

Sessions are designed to be practical, engaging and accessible rather than performance-focused.

They can be delivered:

- **In person** at offices, venues and external locations
- **Online** for distributed or remote teams
- **Hybrid**, where appropriate
- As **standalone sessions** or part of a recurring programme
- Within **wellbeing days, team events and away days**
- As **workshops or multi-session programmes**

Practices can be adapted for different experience levels, physical abilities, group dynamics and professional environments. Sessions may be chair-based, standing, movement-based or mat-based depending on the setting.

The facilitation approach is **trauma-sensitive, neurodivergence-informed and inclusive**, with an emphasis on choice, accessibility and individual needs.

CORPORATE APPLICATIONS

The sessions can support a range of workplace wellbeing objectives, including:

Stress management & recovery

Practical approaches that can help participants reset during or after demanding periods.

Focus & mental clarity

Movement, breathing and mindfulness practices supporting attention and present-moment awareness.

Resilience & sustainable performance

Experiential practices exploring self-regulation, recovery and responses to pressure.

Physical wellbeing

Accessible movement and yoga practices suitable for people who spend significant time sitting, working at desks or travelling.

Team wellbeing & connection

Shared experiences that create space to pause, reset and engage collectively.

Wellbeing events & away days

Flexible sessions that can form part of wider employee wellbeing, team-building or leadership experiences.

SELECTED CORPORATE & ORGANISATIONAL EXPERIENCE

Bhavin's work includes corporate, educational and premium wellbeing environments.

Perenco Holdings — ongoing corporate wellbeing programme since 2017

J Dauman — workplace yoga programme, 2021–2024

Harrow School — yoga and breathwork, 2023–Present

He has also delivered wellbeing experiences within premium hospitality and residential environments, including Surrenne and leading London venues.

A FLEXIBLE PARTNER FOR CULTURE VITALE

Bhavin can provide individual sessions or contribute specialist yoga, breathwork and mindfulness experiences within broader Culture Vitale programmes.

Experiences can be tailored to the duration, audience, venue and objectives of each brief — from a short workplace energiser to a workshop, wellbeing day or recurring corporate programme.

London-based · UK-wide by arrangement · Online internationally

Bhavin Thakker

Corporate Yoga & Workplace Wellbeing Specialist

MSc Neuroscience & Psychology of Mental Health

26 years' international teaching experience

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