

ANNA GRUTZNER

Business, Psychology & Wellbeing

CONTACT

📞 0425 873 011

✉️ anna@wellwithanna.com

📍 Melbourne, Australia

EDUCATION

University

Monash University (2023)
*Graduate Diploma of Psychology
Advanced (in progress)*

Melbourne Business School (2020)
G.Dip in Business Administration

Melbourne University (2014)
BA (Psychology major)

CERTIFICATIONS

- 200 HR Yoga Teacher Training (Power Living, 2021)
- Mat and Reformer Pilates Instructor Certification (Unite Health, 2025)
- First Aid & CPR (2025)

SKILLS

- High emotional intelligence with strong attunement to people and their needs.
- Clear, professional, discrete and compassionate communication.
- Strong judgement, organisation and attention to detail.

PROFILE

Fourth-year Psychology student and wellbeing practitioner with a strong foundation in movement and mindfulness-based approaches to mental, physical and emotional health. Brings over 11 years of corporate experience within global organisations alongside 4 years of teaching yoga, Pilates, breathwork and meditation to individuals and groups. Passionate about evidence-informed, human-centred approaches to sustainable wellbeing.

WELLBEING EXPERIENCE

YOGA & PILATES TEACHER - CORPORATE

Wellineux (December 2024 - Present)

- Corporate yoga, reformer and mat Pilates teacher.

YOGA, PILATES TEACHER & SENIOR TRAINER

CorePlus (April 2022 - Present)

- Teacher of vinyasa, slow flow, yin, mat pilates and strength cardio.
- Senior Trainer - yoga sequencing facilitator.

CO-FOUNDER

Soluna Society (October 2024 - Present)

- Pioneering a new movement and wellbeing experience to support physical, emotional and mental wellbeing.

CORPORATE EXPERIENCE

PR, MARKETING & COMMUNICATIONS

Decade-long global career in business and marketing

- My previous work entailed PR and marketing leadership positions for companies like L'Oreal, Dior, LVMH and more - across Melbourne, Sydney and London.
- 11 years in these high-pressure environments led me to develop my passion in workplace wellbeing, discovering the modalities that I now teach!

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COMPLETE EMPLOYMENT HISTORY

CURRENT ROLES

- Front of House Staff | [Nimbus Co](#) | Melbourne (2024-25)
- Yoga and Pilates Instructor | [CorePlus](#) | Melbourne (2022-25)
- Co-Creator | [Soluna Society](#) | Melbourne (2024-25)
- Human Design Coach | [Well with Anna](#) | Melbourne (2024-25)

LEADERSHIP ROLES

- Head of Brand & Marketing | [Unite Health](#) | Sydney (2025)
- PR Manager | [Dior Beauty UK](#) | London (2024)
- Senior Product Manager | [Dior Beauty UK](#) | London (2023-24)
- Founder & Consultant | [a.g.press](#) | Melbourne (2018-24)
- Marketing Manager | [Scanlan Theodore](#) | Melbourne (2022-23)
- Product Manager | [L'Oreal](#) | Melbourne (2020-22)
- PR & Comms Manager | [L'Oreal](#) | Melbourne (2019-20)
- Communications Manager | [Aje](#) | Sydney (2017-18)

JUNIOR ROLES

- Press Coordinator | [Aje](#) | Sydney (2015-17)
- Showroom Assistant | [EVH](#) | Sydney (2014-15)

INTERNSHIPS

- Public Relations Intern | [EVH](#) | Sydney (2014)
- Marketing Intern | [Kookai](#) | Melbourne (2014)
- Wholesale Intern | [Edwards Imports](#) | Queensland (2014)

RETAIL

- Sales Associate | [Kookai](#) | Melbourne (2013-14)
- Events Host | [Styling Australia](#) | Melbourne (2012-14)

COACHING

- Rowing Coach | [Carey Grammar School](#) (2011-13)

REVIEWS & TESTIMONIALS



★★★★★

An hour ago

Warm Slow Flow Yoga with Anna

Loved this class. Anna is an amazing instructor. She guided us well through slow yet effective flows and providing calming energy at the same time. I liked that this class gives sufficient amount of exercise while being able to relax through out the class. Great way to start a morning on the weekend.

★★★★★

9 hours ago

Hot Mat Pilates with Anna

Amazing class, Anna was fantastic and offers lots of modifications for all abilities. Perfect amount of guidance and loved the breath work reminders. 100% recommend!

★★★★★

Last week

Hot Yoga Flow with Anna

It was amazing! Challenging but great! I really love it and looking forward to do it again!

★★★★★

5 days ago

Warm Slow Flow Yoga with Anna

Loved this class! The instructor was so nice and had the most calming energy 💕 thank you x

★★★★★

5 hours ago

Warm Slow Flow Yoga with Anna

I've been to a few of the slow flow classes and Anna's was my favourite!

★★★★★

Last month

Warm Yin Yoga with Anna

Sooo relaxing!! The perfect stretch and way to unwind on a Sunday afternoon. Thanks, Anna!!

★★★★★

2 years ago

FoxFit Strength Endurance with Anna

Anna is so lovely and I enjoyed this class as it was a little different to the others, incorporating a nice variety of equipment (TRX, barbell etc). Thanks Anna!! ❤️



★★★★★ 2 weeks ago **NEW**

I had an amazing human design reading from Anna. Anna brings such deep knowledge and clarity to her work, and it's clear she's devoted a lot of time and study to truly understand the system on a soul level. Anna took the time to explain everything in a way that was accessible and profound, and her beautiful, warm energy made the whole experience feel so safe and supported. Anna has such a gift and I'd recommend her to anyone looking to understand themselves more deeply <3

★★★★★ 18 weeks ago

Anna has such a warm and lovely energy and a way of making the complex concepts of human design accessible. Learning about my design was fascinating, and gaining a deeper understanding of myself feels both empowering and comforting. Highly recommend!!

★★★★★ 18 weeks ago

Anna's yoga and Human Design session was transformative! Her guidance was tailored to my design type with tips I could start using straight away. I left feeling refreshed and inspired. I'm excited to bring my friends back so they can have the same experience ✨

★★★★★ 22 weeks ago

Such a great yoga class, good mix of intense flow and relaxation. Anna is very welcoming and it's a lovely way to start your Friday!

★★★★★ 22 weeks ago

Beautiful session, right amount of spice and really relaxing body scan after. Felt pushed but also whole after, LOVED IT ANNA!