



Who is Katie J Yoga

Hi, I'm Katie, I'm a wellbeing advocate, travel seeker, serious planner & yogi.

The first decade of my career I worked in the event industry, a high pressure, fast paced environment. I needed yoga to help re-connect and ground when feeling stressed & anxious, it saved me from burnout, gave me perspective.

Through yoga I learnt how to look after my body and mind, it transformed my wellbeing - I knew this was a gift that needed to be shared.

Yoga Class for Mental Health Awareness Month


- Looking for office yoga to help improve your team's wellbeing? Leading to **happier, healthier employees.**
- Encourage **time to unwind and re-set, avoiding overwhelm**, increasing productivity.
- A class or block of classes specifically themed for **Mental Health Awareness Month.**
- Live Zoom classes recorded and available for 7 days for those unable to take part in the live session.


salesforce



“Katie kindly ran a great session and offered subsequent classes for our UK team. As part of an initiative to get people more active and breaking up the Digital fatigue, she catered for all standards and capabilities, making it engaging and thoroughly enjoyable. Thank you Katie and we look forward to running more initiatives with you.”

Contact

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"Yoga is a powerful tool to improve physical and mental health and well-being"

World Health Organisation

Live Online Classes

45 Minute Mixed Ability Yoga Class

Delivered via Zoom, recording provided

Class designed to energise, relieve stress, enhance concentration.

Max 100 participants

Investment

1 x 45 Min Yoga Class: £95

5 x 45 Min Yoga Classes: £425



30 Minute Seated Yoga & Mindfulness

Delivered via Zoom, recording provided

Class will begin with seated stretches, followed by a mindfulness practice.

Max 100 Participants

Investment

1 x 30 Minute Yoga Class: £75

5 x 30 Minute Yoga Classes: £325



Pre-Recorded Class

Theme: Movement & Mindfulness

- 45 minute mat based yoga class with a mindfulness practice.
- Accessible from 1st - 31st May.
- Staff can take part anytime and as often as they wish.
- Share with all teams/across all offices, no maximum number of participants.

Investment

£95

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Your motivation and inspiring classes have made such a difference to me and how I feel physically and mentally and I truly thank you for that.

- Becky

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