



Corporate Wellness for your workplace

An Introduction to Yoga &
Meditation



Why Yoga & Meditation in the workplace?

- Reduced Stress
- Increased Confidence
- Improved Posture
- Better Immunity
- Increased Focus
- Improved Breathing
- Increased Morale
- Reduced Absenteeism
- Increased Productivity
- Increased Energy
- Reduced Irritability
- Increased Creativity
- Better Flexibility
- Better Digestion





The benefits of an employee wellness program are innumerable. Apart from improving employee physical and mental health, wellness programs are proven to increase employee motivation and satisfaction in both their professional and personal lives

“Yoga does not just change the way we see things, it transforms the person who sees “

- B.K.S Iyengar



"I want you to experience the joy and freedom that yoga has created in my life in yours."

Meet Danielle

A dedicated meditator for the last 10 years, Danielle began her physical yoga practice in 2013. Now a devoted student & practitioner, she has completed over 800-hours of Yoga Alliance certified trainings & 200-hours of Pilates training around the World from Europe, The United States, and Australasia. Coming from a corporate background Danielle understands the profound benefits of introducing Yoga into the workplace.

Where to start? From the inside

Decide how deeply you want to dive

Yoga Asana (Postures), Pranayama (breathwork), Meditation & Philosophy



You choose how
you want to
explore the
practice of Yoga.

Corporate Packages

Lunchtime Classes:

Enjoy a lunchtime
30/45/60 minute flow
with short meditation to
reset the mind & body

Wellness Workshops:

- Asana 101: An Introduction to Vinyasa Yoga
- Get Mindful: An Introduction to mindfulness meditation
- Find your lungs: Pranayama techniques & Breath Meditation
- Ancient Practice, Modern Approach - the philosophy behind Yoga

The Comprehensive Approach:

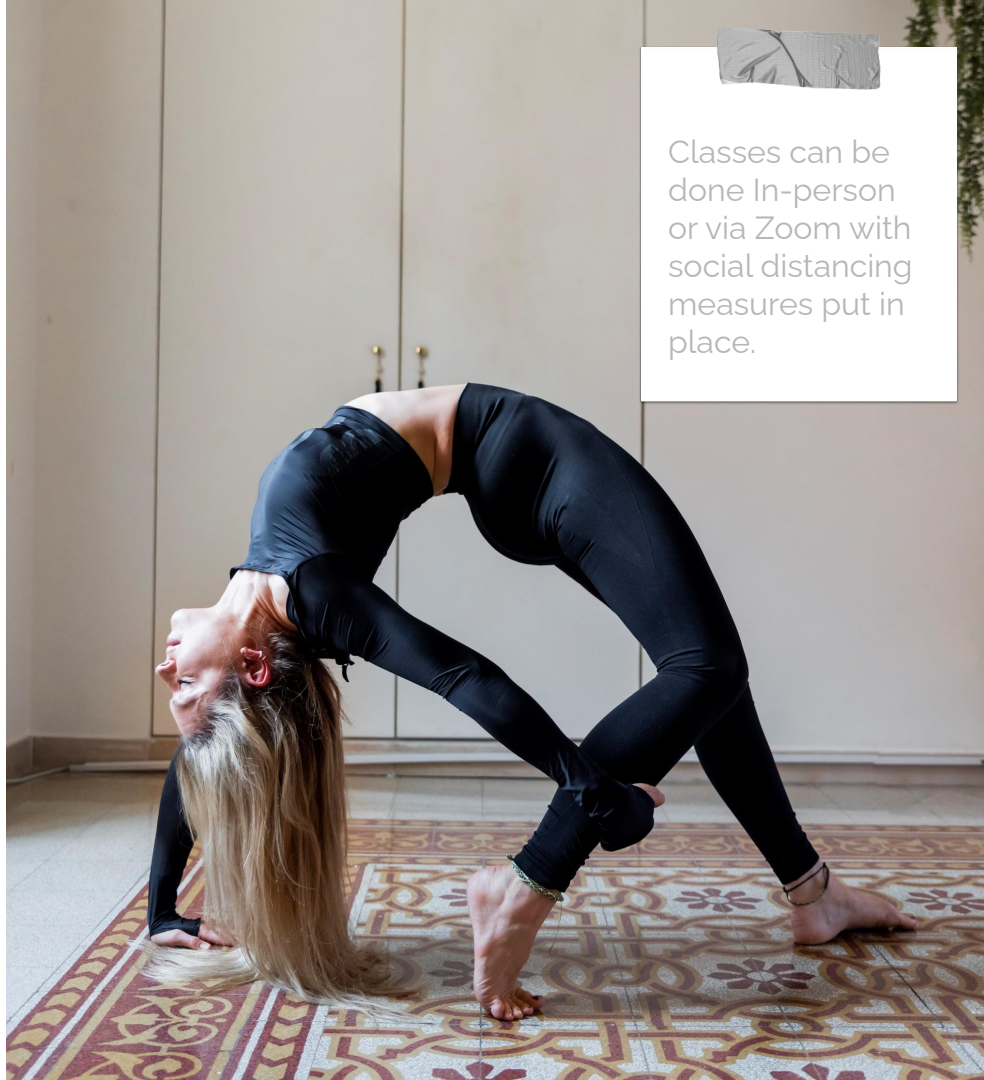
A 4 or 8 week complete
Introduction to Yoga -
Asana, Pranayama &
Meditation

Lunchtime FLOW Series

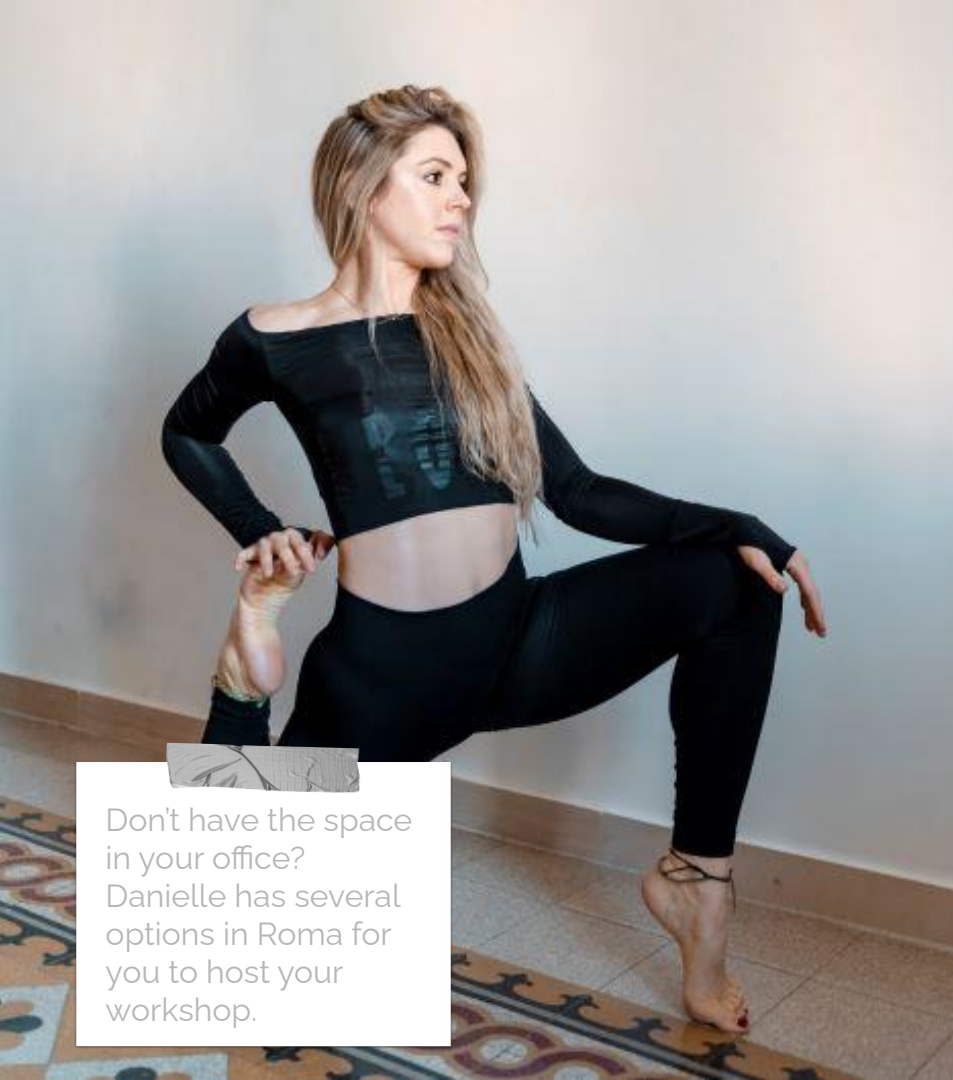
Use your lunch hour to reset your mind and body for the busy afternoon ahead; unite as an office and recharge with yoga.

- Relaxing yet energising movement class.
- 35/45/60 minute classes to suit your office needs.
- 1-2 session per week. Minimum 4 week commitment.
- Options to simultaneously have in-person and Zoom in Participants

Packages start at €320



Classes can be done In-person or via Zoom with social distancing measures put in place.



The WELLNESS Workshop Series

Workshops ranges from 1.5 to 2 hours (depending on your needs). Includes time for question and answer sessions.

- Asana 101: An Introduction to Vinyasa Yoga
- Get Mindful: An Introduction to mindfulness meditation
- Find your lungs: Pranayama techniques & Breath Meditation
- Ancient Practice, Modern Approach - the philosophy behind Yoga

Don't have the space in your office? Danielle has several options in Roma for you to host your workshop.

The WELLNESS Workshop Series

- Asana 101: An Introduction to Vinyasa Yoga

Learn the basics of standard poses, alignment and breath in yoga - learn how to move through a Sun salutation! With an introduction to some of the Sanskrit language used in classes.

- Get Mindful: An Introduction to mindfulness meditation

Learn about the power of mindfulness, take part in a meditation and mindfulness practice session. Leave with helpful tips to relax the mind.

- Find your lungs: Pranayama techniques & Breath Meditation

Learn how to use the power of the breath to clear your mind and sharpen your awareness. Students will learn pranayama techniques that can take home to both energize or calm your body and mind.

- Ancient Practice, Modern Approach - the philosophy behind Yoga

What is Yoga? 8 Limbs of Yoga Yamas, Niyamas, Root of Suffering, Bhagavad Gita - An introduction to some of the key concepts.. Ending with a Yoga Nidra Session to place you in a space of deep relaxation.

Workshops starting at €180


The COMPREHENSIVE Approach

Deep dive into all areas of Yoga from Asana, Meditation, Pranayama to Philosophy.

With customisable 4 to 8 week courses available; 1.15 hour sessions give your employees a chance to discover which facet of Yoga fits into their lives.

Pricing is based after consultation and agreement of program scope including number of participants, printed materials & other determining factors.



A woman with long blonde hair, wearing a black long-sleeved top and leggings, is performing a deep backbend on a patterned rug. She is sitting on the floor with her legs tucked under her, and her hands are clasped behind her head, pulling her feet towards her head. The background shows a light-colored wall with a door handle.

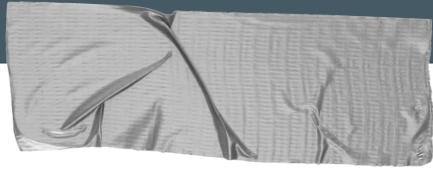
Have the students but don't have the props? Mat hire is also available.

Additional Services

- Custom Corporate Package Creation
- Venue Selection for in-person classes
- All classes cater to the individual from beginners to advanced, pregnancy & post-natal women, seniors, & those dealing with injuries
- Corporate Retreats
- Private Lessons

A photograph of two women practicing yoga in a room. The woman on the left is seen from the back, wearing a black backless top and dark leggings, with her hair in a bun. The woman on the right is facing forward, wearing a black long-sleeved top and a yellow skirt, with her hands in a prayer position. The background features a white wall with a door and a patterned rug.

“I have noticed a huge shift in the way in which I am able to navigate the world, and deal with stress in my daily life and work as a result of working with Danielle.”
— CATHERINE MICHAELS



Namaste

Danielle invites you to explore the wonderful journey of yoga. Discover greater relaxation, boosted immune function, elevated spiritual awareness, enhanced energy, better weight management, enlightened breathing, improved sleep & so much more.

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