

# CORPORATE WELLBEING PROGRAMS



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## YOUR WELLBEING TOOL KIT

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“YOUR EMPLOYEES ARE YOUR GREATEST ASSETS. THEIR CAPABILITY, CONSCIENTIOUSNESS, AND COMMITMENT IS WHAT DRIVES YOUR TEAMS, YOUR ORGANISATION AND YOUR RESULTS. SUPPORT THEM, ENCOURAGE THEM AND NURTURE THEM BEFORE YOU LOSE THEM”

– ALISHA WATERMAN

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# WELLBEING SERVICES

HATHA YOGA

YIN YOGA

YOGA NIDRA

PRANAYAMA (BREATHWORK)

MEDITATION

STRESS MANAGEMENT

RESILIENCE

NUTRITION FOR OPTIMAL  
PERFORMANCE

HEALTH COACHING

EXECUTIVE PRIVATE YOGA &  
WELLBEING PROGRAMS

TRANSFORMATIONAL COACHING

WELLBEING RETREATS



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