







Yoga Class.











Overview

We bring our Yoga team building class directly to you, offering a great way to bring your team together while boosting well-being and focus. Whether it's a small group or a larger team, we'll tailor the session to fit everyone's abilities. Led by one of our certified instructors, your team will leave feeling relaxed and recharged.

What's Included?

- We come to your location across the UK e.g. your office or a hired conference venue
- A certified yoga instructor leads the class
- Sessions tailored to your group's size, abilities, and goals
- ✓ Full risk assessments & £5million public liability insurance
- Well-kept and maintained equipment such as Yoga mats

Benefits

- Sense of Achievement
- Enhancing Motivation
- Working towards a common goal
- Learning New Skills
- V Fun for All











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What happens at your event?

An expert yoga instructor will arrive at your office or hired venue and greet themselves to your team.

The 1-hour class begins with an introductory briefing on yoga's benefits for both the body and mind, followed by a blend of mindfulness, meditation, breathing exercises, stretches, and adaptable poses designed to promote relaxation, flexibility, and focus.

Participants will leave feeling refreshed and with practical yoga tips that can easily be integrated into daily life. This flexible session can be scheduled as a standalone class, incorporated into an event, or used as a conference energizer, making it a perfect fit for any occasion.













Just some of our happy clients...



















































































Customers love us!



Is this something you'd like to book?

funktion events

CONTACTUS







What happens when you book?

We'll send you a quick digital agreement to sign, followed by an invoice for the 25% deposit (or 100% if within 6 weeks), which you can pay easily online, over the phone or by BACS.









Encouraging Participation











