



CORPORATE WELL-BEING SERVICES BY YOGA SHAPE

Overview of Formats 2025

by Irina Oshchepkova



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I worked with these clients

About me



OVERVIEW OF DIFFERENT FORMATS



CUSTOMISABLE

fully customisable to your team's needs, goals, and culture



FLEXIBLE DELIVERY

available online, in person, or hybrid



REAL-LIFE INTEGRATION

practical tools designed for real people, in real workplaces



SHORT WELL-BEING RESET

15-30 min well-being break during conferences or team gatherings

A guided bodymind session designed for conference participants - stretch the body, sharpen the focus, and restore energy in between high-input sessions.

Reset posture, refresh concentration, return with presence

Features:

- Inclusive format: chair-based, accessible in conference clothes, no previous experience needed, suitable for large number of participants
- Full-spectrum reset: gentle movement, breath awareness, and short meditative moment to restore calm and clarity
- Real-time support: no slides, no equipment - these are accessible practices people can do immediately

Results:

- Physical well-being: immediate release of tension and stiffness from prolonged sitting
- Mental clarity: improved ability to sharpen focus and stay mentally present after the break
- Overall engagement: feeling more relaxed and alert, having more capacity to network meaningfully



"Irina is very kind and professional. She always pays attention to how the group is feeling that day and adapts the session accordingly." – Arianna Montalvo Di Giacomo



WELL-BEING WORKSHOP

30-min to half-day, during the workday

A one-off, company-wide experience perfect for well-being days or special events - tailored mix of movement, mindfulness, and meditation delivered with clarity, energy, and a human touch.

A memorable pause that connects, recharges, and inspires - together

Features:

- Introductory tone: suitable for all levels, offers practical tools for body and mind - adapted to office life
- Engaging format: a chance to experience well-being practices on the spot
- Company culture: adjustable to a special occasion, creating a memorable and meaningful event

Results:

- Tangible support: each participant leaves with set of well-being tools they can use right away
- Well-being boost: noticeable drop in stress and physical tension during and after the session
- Team spirit: Shared team experience that lifts the energy and mood



"Irina provided us with helpful tips and tricks to decompress and release stress, tools that are easy to integrate into your daily life at work. You will be left with a practical toolbox beyond stress management." – Bo Dohmen



CORPORATE YOGA

45- to 60-min a week, at lunch-time or after work

Regular sessions designed for busy professionals, blending gentle movement, mindful breathing, and short meditative pauses.

Calm minds, open shoulders, steady focus - built right into the workday

Features:

- Flexible format: chair-based / near-chair / mat-based, regular or sports clothes
- Holistic impact: releasing physical tension (neck, shoulders, lower back, wrists, hips, knees), clearing mental fog, and restoring emotional balance
- Consistency: weekly sessions build healthy habits into the workday, promoting long-term well-being and productivity

Results:

- Physical well-being: reduction in reported physical tension
- Mental and emotional well-being: improved post-session focus, clarity and calm
- Social wellbeing: stronger connection to one's inner signals, a lighter team atmosphere



"Irina is a very passionate and caring yoga teacher who adjusts her classes to individual needs and levels! After her classes I feel so energised for the rest of the day!" – Anna Vandamme



WELL-BEING PROGRAM

45- to 60-min weekly sessions over 8-12 weeks, at lunch-time or after work

Build long-term habits through live sessions blending movement, mindfulness, and meditation with space for reflection and feedback.

Tools that stay with your people long after the program ends

Features:

- Comprehensive curriculum: program combining live weekly sessions, pre-recorded videos, and between-session short practices
- Group personalisation: customised tools based on intake forms, live feedback, and specific stress patterns
- Long-term effect: clarity on how to maintain long-term well-being habits, even after the program ends

Results:

- Client-tested data: at least 30% reduction in stress level and back pain, up to 1.5 times improvement in mental and emotional state
- Hands-on tools: customised toolkit of stress-management practices easy to integrate in daily life
- Sense of belonging: feeling seen, supported, and empowered - as an individual, not just an employee



"It's important to be prepared for when stress hits. Understanding these tools... has helped me to organise my knowledge and streamline my routine." – Sheng-Yi Ye



1-1 SUPPORT FOR LEADERS OR KEY STAFF

Schedule to be agreed with individual participants

Tailored support for team leads, executives, or key employees - space to pause, refocus, and build personalised well-being tools matched to individual needs and challenges.

Because leadership begins with self-awareness and calm

Features:

- Hyper personalisation: individualised physical assessment, and customised plans for movement, mindfulness, and meditation routines to address specific concerns
- Privacy: recommended for executives and team leads who prefer to have private sessions over group ones
- Leadership insights: clear, actionable steps for integrating well-being into daily leadership

Results:

- Real-life fit: personalised well-being strategy and tools based on real-life demands
- Resilience boost: noticeable improvement in physical and mental resilience
- Personal and professional impact: feel grounded and reconnected to what matters = personally and professionally



"Irina designed a customised program for me and a colleague facing similar issues. It was such a pleasure to leave myself in Irina's capable hands, trusting her guidance." – Kathrine Stannov



CORPORATE RETREAT

**1-day, weekend, 6-day |
Belgium, Portugal, Italy,
Greece etc.**

**Hosted in stunning natural
settings, these immersive
retreats offer deep
reconnection to self, team,
and purpose - through
curated practices and space
to breathe.**

*Step away to return stronger -
with clarity, energy, and
shared direction*

Features:

- Nature immersion: immersive retreats with guided nature-based practices
- Curated experience: tailored content based on team needs and well-being goals
- (Re-)connection: designed to help busy professionals disconnect from daily pressures and reconnect with their physical, mental, and emotional well-being

Results:

- Holistic reset: practical, real-life strategies of movement, mindfulness, and meditation in a restorative environment
- Inspiration: make meaningful changes - personally and collectively
- Team building: strengthened team connection, communication, cohesion, and trust



*"Absolutely perfect organisation! Impressive! The retreat unexpectedly opened my heart. Pure luxury in all the meanings of this word." –
Polina Weymans*



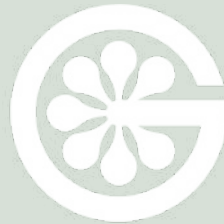
OTHER POSSIBLE FORMATS

- Monthly Challenges: fun, light, structured challenges to complete certain daily activities promoting well-being habits (e.g. meditation, 30-day meditation challenge, daily desk stretch challenge).
- Quarterly Themed Workshops: deep-dives and focused exploration of certain topics in an interactive format (e.g. stress reduction through breath, mindful communication).
- Short Online Follow-Ups: 10-15 min daily resets to maintain momentum and habit after engaging with another format (e.g. movement for neck pain release, calming breathing technique).

If one of these formats speaks to your needs - or you're unsure where to start - let's talk. I'm happy to explore what would serve your people best!



I WORKED WITH THESE COMPANIES:



THE NESTWORK



TotalEnergies





HELLO! I AM IRINA OSHCHEPKOVA

I am a Corporate Well-Being Guide, Retreat Leader, and Yoga Teacher:

- 12+ years of corporate insight (EU policy, law, leadership, project management), working with professionals from 30+ countries
- 1,500+ hours of yoga teaching experience, certified across multiple disciplines
- Stanford-trained in Employee Wellness & Stress Management
- Creator of the SHAPE Method - a science-backed framework for well-being
- Expert in corporate well-being, stress resilience, and mindfulness for high-achievers
- Leader of international retreats integrating holistic well-being and nature
- Speaker at wellness conferences, podcasts, and corporate training

My goal is to help companies through well-being programs so that their people achieve and maintaining optimal health, are focused and productive, feel connected and motivated.



I'M LOOKING FORWARD TO BEING OF SUPPORT



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Client testimonials: [Google reviews](#)

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