

# WELL-BEING WORKSHOP FOR BUSY PROFESSIONALS

GROUP SESSION WITH YOGA SHAPE

DESIGNED FOR PEOPLE WHO SPEND A LOT OF TIME AT THE DESK: A SAMPLE OF HOW TO TAKE CARE OF THEIR PHYSICAL, MENTAL, AND EMOTIONAL WELL-BEING, SO THAT THEY CAN MAINTAIN AND ACHIEVE OPTIMAL HEALTH WHILE HAVING A DEMANDING LIFESTYLE



## POSSIBLE CONTENT OF THE WORKSHOP

- Stretching exercises: practice on a chair / or near a chair / or on a yoga mat
- Mindfulness tools: to find balance and focus
- Guided meditation: to get centred / for full-body relaxation
- Breathing techniques: to calm down / to get energised
- Alternative practices: relaxation to the sound of Tibetan singing bowls
- **Bonus:** audio recordings of meditations
- **Duration:** 30-90 minutes

## AT THE END OF THE SESSION THE PARTICIPANTS WILL

- Learn accessible **movement** addressing common concerns in the areas of wrists, neck, shoulders, lower back, hips
- Discover **mindfulness** to change the focus to the present moment
- Find out how to listen to and hear their body through **meditation**
- Understand how to implement these insights during their workday
- Feel relaxed, rested, and recharged

## WITHOUT HAVING TO

- Struggle or feel awkward because of not wearing special clothes
- Rely on any special equipment or yoga mats
- Feel uncertain if they have no experience of practicing yoga or meditation



IRINA OSHCHEPKOVA

I am a Corporate Well-Being guide with 12+ years of experience working in the corporate setting and a Yoga Business owner with 1500+ hours of teaching experience. **I support people in managing stress through movement, mindfulness, and meditation practices adapted to the office setting.** These are aimed at solving common problems people face in the workplace: how to stay focused, feel energised, and maintain productivity.

### BO DOHMEN | FoodDrinkEurope

Irina came to our office to provide a well-being workshop for the entire staff. She provided us with helpful trips and tricks to decompress and release stress, tools that are easy to integrate into your daily life at work. I would 100% recommend Irina's services. You will be left with a practical toolbox which will benefit your entire organisation.



### MAYA ZOURIDAKIS | Total Energies

Irina brilliantly combines explanations (which ensure that we understand and perform the positions correctly), humour (to always go further in respecting the body and its abilities during the lesson) and spiritual music with Tibetan bowls (for deep relaxation). I highly recommend her.



### CONTACT TO BOOK

Let's discuss the timing and duration, the session is customisable according to your needs.

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