



INNERGLOWUP

CORPORATE WELLNESS
OFFERINGS

CORPORATE WELLNESS WITH LAYLA ROSE

Why meditation? “Research from INSEAD Business School found that doing just 15 minutes of mindfulness-based **meditation such as concentrating on breathing can lead to more rational thinking when making business decisions.**” (inc.com). Yoga, Breathwork and Meditation is a trifecta for stress management, focus and increased creativity, this is because it increases our self-awareness, serotonin and endorphin levels. Take it from a woman who worked 3 jobs at once as a trauma-informed yoga teacher, fitness instructor and lululemon sales representative... mindfulness is key! Think less sick days, increased job satisfaction, and heightened mental focus.

Mindfulness is a skill and I'm your coach,

Layla Rose Roche

OUR SERVICES

EVENTS

Upcoming PR event, celebration, special day... A guided meditation or team yoga session is the perfect team-bonding experience that **adds to your company's culture and detracts from your employee's stress levels!**

To inquire about maximizing your team's wellness email me at laylaroche8@gmail.com

WELLNESS SESSIONS

15 minute, 30 minute, 45 minute or 60 minute yoga, breathwork and/or meditation sessions tailored to what your employees want. A variety of options are provided for all levels as well as **no-mat options and online sessions!** *For all events or sessions promotional materials can be included to increase enrollment!*

@LAYLAROSEWELLNESS
SPOTIFY - HEAL AND HUSTLE PODCAST
LINKEDIN - LAYLAROSEROCHE