

Presenting

Yoga

for
Business



Refreshing Reset

Yoga is a powerful addition to any corporate event, blending wellness, stress relief, and team bonding in a way that aligns with professional goals. In today's fast-paced work environment, employees often face mental and physical fatigue. A yoga session offers a refreshing reset, enhancing focus, mindfulness, and overall productivity.

Accessible to all fitness levels and requiring no special equipment, yoga fits easily into any event—whether as a morning energizer, mid-day stretch, or relaxing close to the day. It creates a calm, supportive atmosphere that encourages collaboration and well-being.



Corporate Wellness

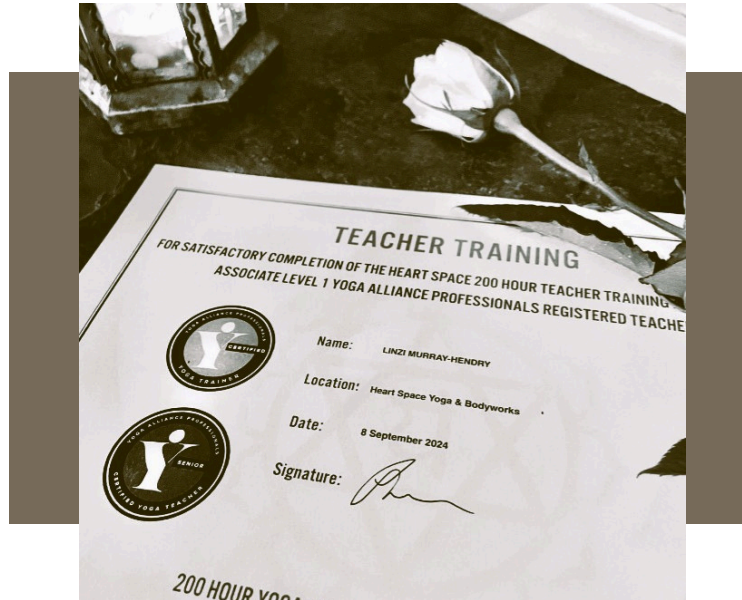
Including yoga also shows that a company values employee health, boosting morale and contributing to a positive workplace culture. It's a simple yet meaningful way to balance work with self-care. More than just exercise, it fosters presence and connection, leaving participants refreshed and engaged.

Yoga is a thoughtful, modern approach to corporate wellness and a smart investment in your team's health and harmony.

Meet Your Instructor

Linzi Murray-Hendry is a dedicated and compassionate 200hr Yoga Alliance-certified instructor who brings warmth, authenticity, and deep presence to every class she leads. With a background rooted in both traditional Hatha and Vinyasa styles, her teaching blends mindful movement, breath awareness, and guided meditation.

Linzi's approach is inclusive and heart-centered, creating a safe space for all levels to explore yoga and reconnect with themselves. Whether guiding a gentle flow or a more dynamic sequence, she emphasizes inner balance, body alignment, and the transformative power of yoga beyond the mat.



“People will forget
what you said,
people will forget
what you did, but
people will never
forget how you
made them feel.”

Maya Angelou



Contact Us

info@ourwildwellness.co.uk

 [@ourwild.wellness](https://www.instagram.com/ourwild.wellness)

Tel: 07485154370