

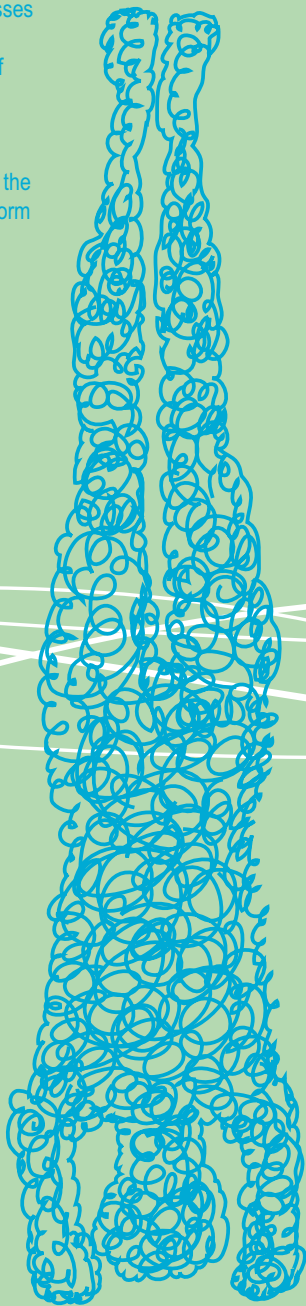
yogease
yoga • pilates • therapies

Helping you to
be whole, healthy
and happy

In your home, workplace or school

Bath • Bristol • Cardiff • London

- Treatments and classes can be booked as a one-off or a group of sessions.
- Call for a free consultation or fill in the online consultation form



**We do the research,
you feel the results.**

Our Service

We provide therapists & teachers of the highest professional standards, to suit your exact needs at a time and place to suit you.

Different styles of yoga are available so you can achieve exactly what you want, whether a gentle, restorative class, a physically challenging class, or therapeutic work to repair injury. Our teachers are adept at meeting various needs within one group.

Corporate Yoga / Pilates

This will quickly become the highlight of your teams' working week.

Yoga has been shown to have a myriad of benefits for the individual, and a group session fosters team-building. A little time each week for yoga/ pilates can lead to a more productive working life, better stress management and a happier team.

Benefits Include:

- Strengthened immune system so less days off sick
- Lower heart rate and a reduction of stress- 13.4 million working days a year are lost to stress in the UK (Associated Insurers Group)
- Improved posture- reduction of backache which currently accounts for 50 million days absence from work (Harley Street Back Clinic)
- Improved muscle tone
- Release of tension
- Feeling healthier and happier- immeasurable



Workshops / away days

Half / full-day / two-day workshops or retreats are an ideal team- boost, either on site or as away days. We draw from an extended team across personal / professional development and creative fields, to create your ideal programme.

"The quality of yoga tuition is superb"

Claire, Goldman Sachs

"Reliable teachers, always willing to go the extra mile"

Maria, Quarto publishing

Corporate Therapies

We offer fully clothed treatments such as: Indian head massage, Head-shoulder massage, Back-rub, Hand/ foot reflexology , alongside other therapies.

"Heavenly, heavenly, heavenly...come again Friday!"

Hywel, Plastic Buddha Productions

Private Yoga/ Pilates

De-stress in the luxury of your own home. Enjoy a class designed to meet your exact needs, or share the pleasure with a partner, friends or family.

"Never felt better - Thankyou Yogease"

Emma, Pinkdiesel

Private Therapies

Enjoy a treatment across the range of therapies offered. From Acupuncture to Swedish massage we have the perfect treatment for you, our therapists will bring all the kit needed.

"I genuinely think our Friday massage & yoga session has saved our marriage"

Matthew

Children's Yoga

at Home / Nursery / School

Our specialist children's yoga teachers provide classes for toddlers through to teenagers. Through movement, song and stories our classes support the development of the child or young adult and promote wellbeing.

Benefits Include:

- Learning how to de-stress, centre and calm
- Restoring balance for the individual and/ or whole class
- Improved co-ordination, balance and confidence
- Improved relaxation and sleep
- Improved energy, health and fitness
- Improvement of dyslexia and hyperactivity through balance of left-right brain activities



"It has transformed the class and give the teacher's new tools to help the pupils focus"

Headteacher at a North London Comprehensive

"Yoga helped me through the stress of my A levels, keeping me calm & helping me concentrate"

Lee, aged 18

"The children incorporate the postures into their play...they sleep well after each class"

Tara, of twins James & Dillon, aged 3

Mum-Baby Yoga, Baby-Massage and Family Yoga

Bringing parents and babies/ children together in a warm, loving, fun-filled environment. We nurture the parent so that s/he can nurture the child. Combining movement and/or massage, song, stories and relaxation. Find new ways to connect to your child to play and relax. Promote a sense of calm for all the family.

Benefits include

- parent-child bonding
- relief of common babies problems: colic, constipation, fretfulness etc.
- creating a calm space for the whole family

"Baby massage has helped me really get to know Lily, and eased her colic"

Lowri

"Roar like a lion daddy!"

Silas, aged 6



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