

Holly's Breathing Space Yoga

Corporate Yoga

Investing in your employees so they have more to invest in you



hollysbreathingspace@gmail.com

www.facebook.co.uk/hollysbreathingspace

www.bookhamyoga.co.uk

A Typical Yoga Session



Holly's Breathing Space Yoga designs corporate sessions of 1 hour, perfect for a lunchtime or post-work class. These are Mixed Ability and take into account the range of ages, fitness levels and flexibility among colleagues. Everyone is supported to get the most from the practice, whether its by modifying a pose to make it more accessible or offering a further challenge to more advanced Yoga practitioners.

A typical yoga class begins with a gentle warm up, then moves into a few rounds of Surya Namaskar (Sun Salutations), before progressing into different Asanas (postures) and ending with a refreshing relaxation. Over time the sessions progress with the participants, continuing to challenge them and introduce them to new sequences, breathing techniques and relaxation tools.

Yoga Workshops



I loved Holly's deep relaxation workshop! I turned up feeling stressed and frazzled and left feeling calm and clear headed.

Holly's Breathing Space Yoga runs regular workshops, from Deep Relaxation to Backbends and Core Strength. Whether your office is celebrating Wellness Week or World Mental Health Day these one-off workshops could be perfect for your business. Sessions can be tailored to your specific needs, so please get in touch to discuss further.

Contact and Booking



Holly Dunbar is a 500-hour trained Yoga Teacher with YMCA Fit & Yoga Professionals and a member of the Register of Exercise Professionals. Holly teaches Yoga in Bookham, Box Hill, Cobham, Horsley and Farnham, as well as in gyms in Epsom and Guildford.

I really enjoyed it and I think she got the level about right for the mix of abilities and did not get hung up about breathing etc which can put people off.

Will defo be doing it whenever I can 😊

I enjoyed it thank you, it was paced just right for me as a beginner. Looking forward to next week!

£60 per session

£50 per session if block booked (6 classes)

Get in touch to book...

hollysbreathingspace@gmail.com

www.facebook.co.uk/hollysbreathingspace

www.bookhamyoga.co.uk