



## Who is Katie J Yoga

Hi, I'm Katie, I'm a wellbeing advocate, travel seeker, serious planner & yogi.

The first decade of my career I worked in the event industry, a high pressure, fast paced environment. I needed yoga to help re-connect and ground when feeling stressed & anxious, it saved me from burnout, gave me perspective.

Through yoga I learnt how to look after my body and mind, it transformed my wellbeing - I knew this was a gift that needed to be shared.



## Workplace Wellbeing

- Looking for office yoga to help improve your team's wellbeing? Leading to **happier, healthier employees.**
- Encourage **time to unwind and re-set, avoiding overwhelm**, increasing productivity.
- Choose class time and frequency to suit your schedule.
- Yoga classes online via zoom or in person for companies based in Bath & Bristol (see page 2).

salesforce



“Katie kindly ran a great session and offered subsequent classes for our UK team. As part of an initiative to get people more active and breaking up the Digital fatigue, she catered for all standards and capabilities, making it engaging and thoroughly enjoyable. Thank you Katie and we look forward to running more initiatives with you.”

### Contact



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"Yoga is a powerful tool to improve physical and mental health and well-being"

World Health Organisation

## Online Classes

### 45 Minute Mixed Ability Yoga Class

*Delivered via Zoom, recording provided*

Class designed to energise, relieve stress, enhance concentration.

Max 100 participants

1 x 45 Min Yoga Class: £95  
5 x 45 Min Yoga Classes: £425



### 30 Minute Seated Yoga & Mindfulness

*Delivered via Zoom, recording provided*

Class will begin with seated stretches, followed by a mindfulness practice.

Max 100 Participants

1 x 30 Minute Yoga Class: £75  
5 x 30 Minute Yoga Classes: £325



## In Person Classes

Are you based in **Bath** or **Bristol**?  
Like an In Person class from **your office**?

### One Off Class

1 x 1 Hour Yoga Class: £175

### Block of 4 Classes

4 x 1 Hour Yoga Classes: £600

*Prices listed for 12 participants, yoga mats included.  
Small surcharge for larger groups.*

“

Katie is a wonderful yoga teacher. She came to our office a number of times and her classes were a great way to start the day; so well catered to beginners and experienced yogi's, and so energising. Looking forward to her next class!

”

Kerry, Bluefield Services

