



# CORPORATE YOGA AND MINDFULNESS

## 10-WEEK PROGRAMME

“Your body exists in the past  
and your mind exists in the  
future. In yoga, they come  
together in the present.”

*B.K.S. Iyengar*





# YOGA AT YOUR WORKPLACE

Incorporating yoga into your team's routine is a simple, effective way to reduce stress, boost energy, and encourage mindfulness in the workplace.

When employees are supported both physically and mentally, job satisfaction increases, focus improves, and the overall work environment feels healthier and more balanced.

Corporate yoga sessions blend gentle movement, breathwork, and mindfulness to support overall wellbeing. These practices help your team feel more grounded, engaged, and supported - creating a calmer, more positive workplace.





# ABOUT ME

My name is Marleni and I have been a yoga teacher for the last ten years and a yoga practitioner for the last twenty-five years.

I found yoga when I lived and worked in the Middle East, after completing my basic teacher training in Bahrain I travelled to India twice and immersed myself in traditional yoga and its philosophy.

My curiosity took me to simple and humble yoga schools where I learned the real benefits of poses (asana), breathing techniques (pranayama) and meditation (dhyana). My experience in India is possibly my biggest highlight as a yoga student.

I am an experienced yoga teacher and a member of the International Yoga Alliance. Over the years I have trained in different styles of yoga, from yin yoga to vinyasa yoga, from breath-work to mindfulness; this experience allows me to teach a wide range of groups of all abilities; from complete beginners to the more advanced student.





# MY TEACHING PHILOSOPHY

Practicing yoga is often portrait as the ability to be super flexible to excel at challenging postures. This is not the yoga I teach. I go beyond the physical pose by tuning into the breath and exploring the pose, allowing physical and mental space to go deeper into each posture and the benefits of yoga practice, as a result a challenging pose becomes more attainable.

Each student's experience in a particular pose (asana) will be different than mine or anyone else and will change every day. I guide my students through the changes, without expectations only focusing in the deep connection from movement to breath and the emotional experience that yoga practice can be.

My intention as a yoga teacher is to create a safe yoga space of endless choices, adapting yoga to your needs. I always encourage students to use modifications of the pose and to find the movement that works best at the present time. A yoga space where everyone feels safe and able to practice at their own pace and ability, without any judgements; particularly without self-judgement.

I am the facilitator and the guide, but the experience stays unique to the person, it is "a never-ending journey with no destination" - this is what yoga is to me: a journey.





# YOUR YOGA & MINDFULNESS PROGRAMME



## 10-WEEK CORPORATE YOGA

This is a complete personal growth programme that will balance the mind, body and emotions of your employees, leaving them relaxed, grounded and fully connected to themselves.

We will cover all elements of yoga: meditation, mindfulness, poses, breathing and relaxation. I also share the philosophy of yoga within the practice; this is the essence of yoga as a tool for mindfulness.

I teach traditional Hatha Yoga class which can be adapted extremely efficiently from a complete beginner to an advanced yogi, classes will be suitable to everyone attending.

We will practice and learn not only a variety of yoga poses but also use breathing techniques to guide their yoga practice. Yoga poses (asanas) and breathing (pranayama) will come together to build the connection and awareness of body mind and soul. Your staff will gain physical strength, improve their flexibility, better their athletic performance, calm their nervous system, improve their quality of life and much more.

Every week your staff will gain a deeper understanding of why Yoga is a great tool to have for life, becoming self-aware and feeling the endless benefits of yoga.

Thank you for having reached to me to provide this wonderful experience to your staff. I am looking forward to starting this journey.

**Pricing:** £130 per class  
10-Week programme, weekly or fortnightly





# TESTIMONIALS

I have been practicing yoga for just six months and really appreciate my increasing flexibility and sense of calm during and after practice. Marleni is incredibly patient and encouraging - I am so glad to have found her class.

**Dee Hinch**  
Greetham

My son has Down Syndrome and I arranged private yoga classes for him which I also join. Marleni has worked wonders. We have seen his flexibility, balance and posture improve beyond all recognition. She has created a strong bond of trust with him and he looks forward to her sessions every week - we also have plenty of laughs! For me it is a chance to enjoy a moment of calm and work on maintaining flexibility. Thank you Marleni, for keeping us in good shape!

**Miranda Rock**  
Burghley, Stamford

Since starting yoga with Marleni I have felt the benefits, both physically and mentally. I wish I could have a session every day! Marleni is an experienced and knowledgeable teacher and it is a pleasure to attend her class.

**Billie Hackett**  
Greetham

After just four classes with Marleni my overall physical health has improved. I have become more conscious of my breathing and how much more relaxed I feel within my body. I feel centred. I can't believe the effect yoga has had on me, even at the basic level of Chair Yoga. I only wish I had started it sooner!

**Ann Lees**  
Barnack

Since I joined Marleni's chair yoga class, life is becoming less painful, movement is less stressful and my mood is also becoming calmer. My Fibromyalgia is still there, but it's lovely to be able to exercise again. I take far less tablets for it, I feel more like the old me and my confidence is returning.

**Janet Thomas**  
Greetham

From day one Marleni made me feel at ease with Yoga. My posture and balance have improved enormously and I have this incredible sense of achievement growing within me.

**Hannu Ryyopponen**  
Oakham

To book or for more information contact  
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