

## Office Yoga Testimonials

*Office Yoga with Pinelopi was one of the best extra-curricular things our company offered its' employees. We had a chat with Pinelopi before we started the sessions and I appreciated very much her flexibility and willingness to adapt and adjust the sessions to our needs. So we devised a schedule that was really fitted to the level of yoga knowledge of the group as well as the focus points we wanted to work on.*

*Having yoga at work on a weekly basis turned into the social talking point of the company as well as a very effective team bonding exercise. Pinelopi's yoga teaching style is gentle and exactly what we needed after a stressful day at work. My favorite part was the guided relaxation at the end of each session.*

*Pinelopi was great to work with and I would not hesitate to recommend her to anyone looking to offer office yoga to their employees.*

**Maria Relaki, Portfolio Director –WE.CONECT**

<http://www.we-conect.com/en>

It's been already two years that we enjoy Yoga Classes taught to us by Pinelopi. Yoga has proved to stretch its benefits everywhere from teamwork improvement to stress reduction and better health condition of our employees.

The classes are tailor-made to our needs, always taking into consideration our type of work (mostly sitting in front of monitors for long hours). So we get lots of exercises and tips to reduce the negative effects of sitting and staring into the monitor for hours.

Pinelopi is a great teacher to deal with, always with positive energy and a bag full of advice to improve our health and mind!

We simply love it!

**Lucia Gheorghita, Human Resources – PLINGA PLAY**

[www.plinga.com](http://www.plinga.com)

Our collaboration with Pinelopi was very positive, and we would like to emphasize both her professionalism and her human touch, one of the reasons why her students but also her colleagues and supervisors grew so fond of her.

She began working with us in October 2009 with only one group and finished with three groups. These groups comprised students of all three levels, i.e., beginners, intermediate and advanced learners. Each group also consisted of people of different ages as well as physical and emotional capabilities. There has been a clear positive evolution in the students' physical condition, ability to concentrate, and even anxiety control.

She was highly committed and responsible when preparing the classes. She constantly did research in order to make her classes more efficient and has always been eager to learn from both her own investigations and the opinions of those who are more experienced, letting them guide and advise her when necessary.

Pinelopi is experienced, professional and has good people skills as well as a human touch. I can recommend her warmly and without any reservations as an excellent yoga teacher for both children and adults of all physical and emotional conditions.

Marina Alvarez Gonzalez, Director – RETAMAS CENTER

<http://www.retamas.com/>