



HATHA WITH PINELOPI

CORPORATE YOGA CLASSES

- ❖ Increase energy, clarity and focus
- ❖ Reduce anxiety and irritability
- ❖ Improve overall efficiency and productivity
- ❖ Reduce stress and illness
- ❖ Improve morale and team-spirit
- ❖ Prevent work related injury and chronic pain



CUSTOMIZED CLASSES, AT YOUR LOCATION, TO MEET YOUR COMPANY'S NEEDS.

Special instruction including topics like: how to maintain good posture, jaw tension relief, and hand/ wrist care – to counteract common issues experienced in the modern workplace. Pinelopi's teaching method ensures that each employee feels simultaneously challenged and safe. Every class ends with relaxation and visualization, significantly reducing stress and preventing burn out.

For more info on the benefits of office yoga read [this article](#)

Did you know? Every company in Germany can invest up to 500€ per employee per year on yoga classes as a tax-deductible expense (EStG, § 3 Nr. 34).

Rates & additions

100€ / hr class for up to 12 people

5€ for each additional person

1€ for each yoga mat + taxi fare

For regular weekly classes or conference rates, please get in touch!

BACKGROUND & EXPERIENCE

With over 17 years of yoga experience, Pinelopi holds a 600-hour Hatha Yoga Teacher Training certification that is recognized by the Berufsverband der Yogalehrenden in Deutschland (BDY), World Movement of Yoga and Ayurveda and the European Yoga Federation. Working as a full time yoga teacher since 2008, she is conversant in 6 languages and is currently deepening her body knowledge through Leslie Kaminoff's Yoga Intensive Anatomy Course. She also teaches Yoga History and Philosophy, Prana, and Chakras at Dynamic Mindfulness Yoga Teacher Training in Berlin.

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