

Why does your Office need Yoga?

Office Yoga brings many well documented benefits to the workplace:

- increases energy, clarity and focus
- reduces anxiety and irritability
- increases core strength, for better posture and more concentration
- improves overall efficiency and productivity
- reduces stress and illness
- improves morale and team-spirit
- alleviates and prevents stiff necks and upper backs, painful wrists and other chronic conditions

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).

Why Pinelopi's Hatha Yoga?

Pinelopi thoroughly enjoys teaching office yoga. Through the continuity of a weekly class, she gets to know her students very well and is able to offer adjustments to their specific needs. She provides special classes on how to maintain good posture, jaw tension relief, and hand/ wrist care -counteracting the common problems of the modern work life. Her teaching method combined with the beautiful practice of Hatha Yoga has prevented many cases of burn out.

Adjusting each class to fit her students, Pinelopi recognizes that everyone comes with a different story and has different body limits. She is able to juggle different people's needs so that everyone feels simultaneously challenged and safe. Every class ends with relaxation and visualization techniques that help to significantly reduce stress in the workplace. She tries to bring her students to a space where there is “alertness without tension, relaxation without dullness”.

Current availability:

Day of the week: Fridays

Time: 12.00 -13.00

Price: 100 € for up to 12 people

Location: at your workplace

Background info: Beginning her yoga practice in 1999, Pinelopi went on to complete a 600 hour Hatha Yoga Teacher Training course over a period of two years in Valencia, Spain. This training is recognized by the [Berufsverband de Yogalehrenden in Deutschland](#) (BDY), World Movement of Yoga and Ayurveda and the European Yoga Federation. Since 2008, she has been working as a full time yoga teacher in Spain and continued to do so after her move to Berlin in 2010. She is currently deepening her knowledge through Leslie Kaminoff's Yoga Anatomy Course. This May she will be teaching teachers Yoga History and Philosophy, Prana, and Chakras at Dynamic Mindfulness, Berlin.

Contact: pinelopi (at) englishyogaberlin.com

For more info on office yoga benefits: <http://www.englishyogaberlin.com/offer-yoga-business-organisation/>