



LOVE. LIFE. MAGIC.

IN-HOUSE YOGA TEACHER // WELLBEING & MINDFUL MENTOR // BEST PRACTICE GUIDANCE

WWW.LOVELIFEMAGIC.CO.UK

In a time of depression, anxiety and mental health instability – support your teams by providing them with an in-house yoga teacher.

Be innovators in the industry, step into the modern day – offer your team support and great company benefits. Using ancient yogic philosophy, yogic practices, creative mind mapping, body work and meditation the sessions allow your team an outlet, not just an alcohol fuelled escape. help them tackle day to day life and the obstacles they face in the working world.

ARE YOUR TEAMS WORKING TO THE BEST OF THEIR ABILITIES AND COULD THEY BE MORE SATISFIED IN THE WORK PLACE?

LOVE.
LIFE.
MAGIC.

"Working with Sasha was enlightening, she brought a whole new energy to the team. They left motivated and engaged sending the business in a new inspirational direction. We saw instant improvements in the quality of service, sales and team satisfaction."

- Marie Carter - Director - Beautiful Drinks

ONE ON ONE. CREATIVE WORKSHOPS. YOGA.

ONE ON ONE SESSIONS

Offering an in-house yoga teacher. Give your teams the chance to book private hourly breathing, meditation, yoga or mindful mentoring sessions in a Safe Space Studio.

These can be offered weekly, fortnightly, monthly, however often you feel.

Day rate £300 // Hourly rate £40

1/2 DAY WORKSHOPS

Two workshops designed to bring a work life balance. Let "who you are" become "what you do".

1. Goal setting, core values and vision manifestation workshop.
2. Mind, body and soul alignment in the work place.

1/2 day programme £600
(up to 16 individuals)

GROUP YOGA SESSIONS

In-house group yoga sessions including postures, meditation and breathing exercises to balance the mind, body and emotions.

90 minute sessions £120
(up to 20 individuals)

LOVE.
LIFE.
MAGIC.

6 WEEK COURSES. FLOSS THE MIND.

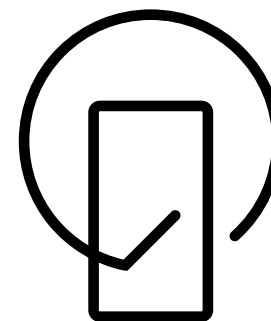
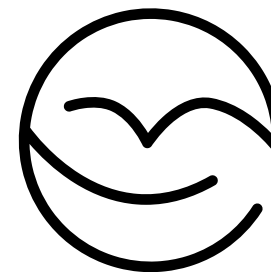
ABOUT THE COURSE

The course is designed as a meditation program exploring the mind and the battles we face in a modern day mindset. Living in an age of the internet, social media and instant gratification - switching off the mind can be impossible. This course helps us learn the importance of slowing the mind down. How to focus, concentrate, be present, allowing you to silence the noise, be in the now and listen to the mind.

WHAT THE COURSE COVERS

- 5 different meditation practices
- 30 mins of meditation weekly
- The 5 characters of the human body and existence
- The understanding of the conscious, unconscious and subconscious mind
- Healthy ways to help up sleep
- Easy ways to stay present
- Energy locks to bring the awareness back to the mind and body

£1200 - 6 week programme - up to 20 individuals
Conducted weekly for the 6 week period





6 WEEK COURSES. CHOOSE YOUR BREATHS.



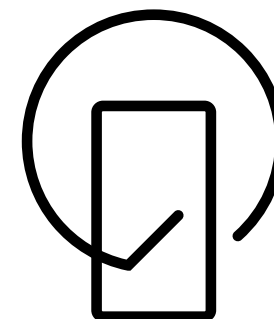
ABOUT THE COURSE

This course is designed around mastering different breathing techniques to help manage and handle all scenarios in life. I will share the techniques to cool the body, heat the body, help against insomnia, depression, anxiety, hypertension, digestion, hyperactive minds. We only get so many breaths in this life, we need to learn how to make them last.



WHAT THE COURSE COVERS

- Deep breathing
- 5 different breathing techniques
- 30 mins of breathing practice weekly
- Methods that cool, heat, calm and restore the body
- Energy locks to bring the body back to centre and balance
- 6 different cleansing techniques
- Ways to prepare the mind for a busy and productive day and ways to calm the mind before sleep and meditation



£1200 - 6 week programme - up to 20 individuals
Conducted weekly for the 6 week period

BE THE CHANGE. GET IN TOUCH.



Mental health is crucial, it effects our ethos,
ethics and overall happiness and through the
practice of Yoga, meditation, mindful mentoring
- together we can make a difference.
It starts with YOU!

SASHA MILJUS

LOVE. LIFE. MAGIC.

m. 07931 847 339

e. sasha@lovelifemagic.co.uk

 love.life.magic  love life magic



LOVE. LIFE. MAGIC.

IN-HOUSE YOGA TEACHER // WELLBEING & MINDFUL MENTOR // BEST PRACTICE GUIDANCE

WWW.LOVELIFEMAGIC.CO.UK