

WELLBEING THAT
WORKS FOR EVERYONE



HELP YOUR TEAM BREATHE, REFRESH & REFOCUS

PRACTICAL YOGA. STRESS RELIEF. HEALTHIER WORKDAYS

YOGA FOR MODERN WORKPLACES



I'm **Abhay Koushik**, a Leipzig-based Yoga teacher and **doctoral researcher in breathing**. I offer practical workplace sessions that combine movement, breathwork, and stress regulation. Sessions are **accessible, non-intimidating**, and designed for real workdays.



WHAT YOUR TEAM WILL PRACTICE



RELEASE DESK TENSION

Neck, shoulders
& back



BREATHE BETTER

Breathing
practices for calm
& clarity



MANAGE STRESS

Practical tools for
nervous-system
refresh



WHY TEAMS VALUE THIS

- ✓ REDUCES PHYSICAL TENSION FROM DESK WORK
- ✓ SUPPORTS FOCUS AND MENTAL CLARITY
- ✓ NO YOGA EXPERIENCE NEEDED
- ✓ PRACTICAL · ACCESSIBLE · EVIDENCE-INFORMED
- ✓ NO SPORTSWEAR OR SPECIAL EQUIPMENT NEEDED

FLEXIBLE DELIVERY



ONLINE

Across
Europe



ON-SITE

At your office or
event location



FORMAT OPTIONS

30 min — Desk Reset
60 min — Team Wellbeing Workshop
90 min — Deep De-stress Workshop
Monthly — Ongoing wellbeing support

“Small practices.
Big impact.
Stronger teams.
Better workdays.”

INTERESTED IN A WORKSHOP FOR YOUR TEAM?

BEST

ABHAY KOUSHIK

Yoga Teacher | PhD Researcher in Breathing
Bringing focus and calm to workdays



SCAN TO REQUEST
CORPORATE
WORKSHOP INFO

