

BALANS YOGA

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Please find below some helpful information on common questions received from companies interested in my services.

When can classes be given:

- Classes are typically held during lunch break or before / after work. It largely depends on the participants and what works for them as a group.
- Classes can also be foreseen as part of teambuilding day, company party or seminar.
- Yoga can also play an important role in support of corporate culture changes or as part of a re-organisation processes.

Where:

- Classes can be given in a meeting room or any suitable area within the company premises. A good rule of thumb is to allow approximately 2 M2 for every participant. This takes into account a 61x182cm mat and still allows for 50cm area around the mat per person.

What is required:

- It is preferable to wear comfortable clothing. Something that allows participants to move freely, such as running attire or a sweat/track suit.
- Balans provides the yoga material required such as mats and blocks so no need to invest or store unnecessary material.
- Lessons are open to everyone so there is no previous experience is required. Classes will be adapted to fit the level of those participating.

Costs:

Costs vary depending on a number of criteria such as...

- Where your company is located or the location of the seminar if a one-off session.
- The time of day
- Size and frequency of classes

A typical yoga session:

- I start with common stretching exercises where the emphasis is to slowly move the attention from thoughts in the head to feeling what is happening in the body. This releases the tension and stress generated by the brain.
- From there we move in to more intensive positions in order to open the tight and under used areas of the body. This stage is designed to create space.
- Warm down exercises.
- Breathing exercises with a focus on clearing the continuous thoughts in the head and being present in the moment.
- Short meditation period to sharpen concentration and increase the attention span
- Rest and relaxation through shavasana

Result after a series of regular sessions:

- Participants who really understand what fellow colleagues or clients want or need. Through this understanding a clearer connection is achieved because the participants have learned to listen to their own bodies.
- Able-bodied employees, who are able to handle the varying degree of daily professional challenges.
- Employees who operate independently through their own initiative, rather than waiting or relying on instructions from others.

Contact information:

Feel free to contact me to discuss your needs or possibilities.

Balans Yoga

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