

Yoga for Companies

with Stephanie Engeli



Stephanie Engeli is a certified Yoga teacher (RYT200) and possesses extensive experience in teaching yoga in companies. Stephanie's classes are suitable for everyone and everybody, there is no previous yoga experience needed. Her teaching style is spiritual but very down to earth. She has the gift to make everyone feel at ease and doesn't take her practice too serious. Her classes combine asana, pranayama as well as meditation and other mindfulness/self-development techniques.

Options

- Yoga classes in your facilities or at a yoga studio close-by
- Meditation classes in your facilities
- Mindfulness workshops/breaks in your facilities or at a yoga studio

Rate

CHF 150/hour (does not include rent of studio, etc.)

Corporate Yoga courses

Location options

- at your facilities, people bring their own mat
- at a yoga studio (organized by me), mats, props, etc. provided

Rate options

- CHF 150/class (45-75min) payed by company
- CHF 20-25 per class, payed by employees (price without subvention/reductions)

Duration

Corporate yoga classes are only offered as a quarterly course (usually 11 classes).

Levels

usually all levels/suitable for beginners
can be adapted

Language

Swiss-German or English

STEPHANIE CRISTINA ENGELI

WOMEN'S EMPOWERMENT € FEMININE EMBODIMENT € YOGA

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