



BRIGHT *Yoga* SPACE

CORPORATE & COMMUNITY WELLBEING PACKAGES



ABOUT US

Our teachers & co-creators Emily Rose and Kylie Bertuch Haynes share a rich passion for the gifts of yoga & mindfulness. They have a combined 35 years of practice and 15 years of teaching.

At Bright Yoga Space we are committed to making Yoga and Mindfulness Meditation accessible to all. All of our classes are suitable for all bodies and levels of experience, we provide modifications to support your practice.

SERVICES & PACKAGES

We can tailor our sessions to suit your group. Whether you want a short in-person workshop-style class, a 6-week online mindfulness course for your staff or a regular short desk Yoga zoom practice!

ONLINE

We offer Yoga, Meditation or Breathwork practices, live via Zoom or pre-recorded video series. We can provide access to recordings for live classes too and copies of slides if required.

AT YOUR OFFICE

Book us to come to your office for group mindfulness courses, one-off talks about the value of health and well-being or add one of our offerings into a staff training program.

ON RETREAT IN BRIGHT

Perhaps you might like to bring your team to the beautiful Alpine region of Bright. We can work with you to run a one-off class or tailor a retreat offering incorporating nature, Yoga, mindfulness and great food!





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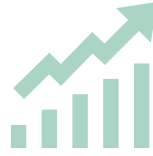
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BENEFITS

"Studies show that every dollar you invest in employee wellbeing and mental health strategies returns on average \$2.30 in increased productivity and reduced compensation claims.

Your people's mental health literally determines the health, resilience, and future performance of your organisation.

Workers who practice better stress management, mindfulness, and resilience drive businesses that not only survive, but thrive.



Rise in team productivity



Increased workplace wellbeing levels



Increased creative & collaborative thinking



TESTIMONIALS

"Thank you for organising this session.

I forget how good, some quiet time to myself and gentle movement (guided so professionally), can make me feel."

Suzan Gencay (Victorian Women Lawyers), Desk Mindfulness Class participant

"Emily provided a wonderful foundation and introduction to yoga, she also made me feel very comfortable and welcome. Emily was able to make yoga feel very accessible and provided a wonderful amount of variations for people who were just beginning to practice yoga."

Yvonne Twaites, Introduction to Yoga series participant

"Thank you so much. I'm so grateful for your time over the past six weeks, for sharing your wisdom, your journey and insights so that so many of us can benefit. I can't begin to describe how much I have learnt... so much growth in my meditation. So much more opportunity to now stay connected to myself, my family, friends, community and the world. You are truly a natural at being able to hold the space for us beings. I can't wait to join you on the mat again. Thank you from my whole heart".

Sinead Mahoney, Mindfulness Course Participant

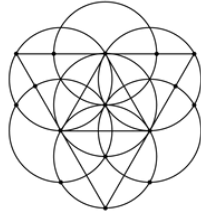




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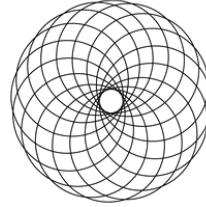
PACKAGE OPTIONS



One off Session, Talk or Event

Topics such as:

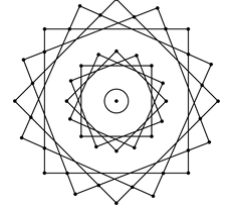
- Intro to Mindfulness
- Avoiding Burnout
- Navigating Challenging Times
- Inter-personal Mindfulness
- Integrating Wellbeing Practices into your daily life



Ongoing Weekly Classes

Practicing regularly, in community, vastly increases the effectiveness of these practices.

These expert-led sessions include time for theory, practice, and Q&A afterward.



Courses and Programs

Delivered over 4 to 8 weeks, these programs teach life-changing skills such as Breathwork or Mindfulness Meditation theory and practice, in a structured group format, such as our popular Living with Awareness course.

OUR TEACHERS



Emily Rose, Yoga & Breathwork teacher, Fully Qualified Mindfulness Course facilitator

Emily has trained with a number of international yoga teachers to become a 500hr RYT as well as completing 2 years of study in Mindfulness Meditation. After studying a Masters in International Development, Emily worked in leadership roles in the international education and NGO sectors for over ten years before giving up the 'office job' to focus on teaching. She is called to share these practices as ways to support how we act and serve ourselves and others, with kindness, integrity and compassion.

Emily can provide yoga classes, mindfulness classes, courses and workshops and team building activities.



Kylie Bertuch Haynes, Yoga & Breathwork teacher, Women's work and Reiki Healer

"Yoga has changed Kylie's life. She discovered yoga when she was in her early 20's when practicing Yoga & Meditation shone a light into the darker places of her journey that she hadn't realised needed healing. It has taken her far beyond the physical benefits and deep into a hugely transformational journey. She has been teaching for close to 10 years and is a 500hr ERYT.

Kylie can work with organisations and community groups with tailored Yoga classes, wellness retreat offerings and specific programs for women.

CONTACT US FOR ALL PACKAGES AND PRICING

hello@brightyogaspace.com
0431423442