



Corporate Wellness Solutions





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WELCOME!

Welcome and thank you for taking the time to look over this proposal.

Here at Wellness with Lauren we strive to provide you with the best of the best!

If you have any questions or concerns you are always welcome to reach out to your instructor, or you can contact Lauren directly on 082 825 4666 or at info@wellnesswithlauren.co.za

We hope that you have an amazing experience with us and we so look forward to working with you towards your goals.

Yours in wellness

Lauren



WHY WELLNESS?

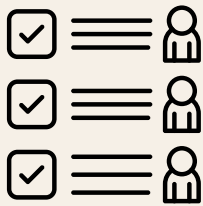
Wellness in the workplace has fast become something sought after as more and more research presents astounding results regarding the correlation between wellness programs and productivity in the workplace.

If you are interested in improving the overall health and wellbeing of your workforce, then you may consider incorporating a company-wide wellness program.

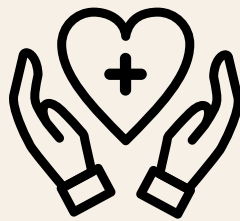
Continued wellness programs not only establish a culture focused on employee health, but also increase productivity, boost morale and increase teamwork.

Learning about some of the many benefits of wellness programs can help you to determine whether incorporating such a program is the right decision for your company.

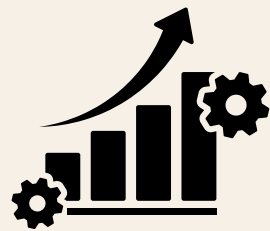
THE BENEFITS



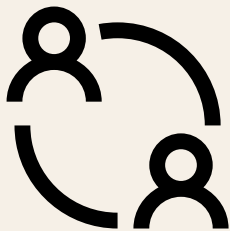
IMPROVES
ATTENDANCE



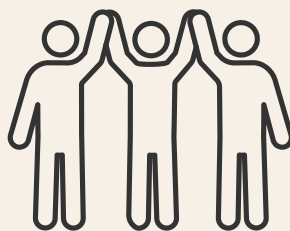
IMPROVES
EMPLOYEE
HEALTH



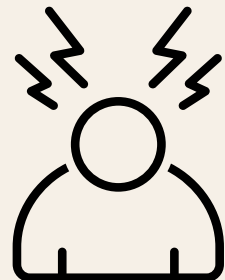
INCREASES
PRODUCTIVITY



IMPROVES
EMPLOYEE
ENGAGEMENT



IMPROVES
MORALE &
TEAMWORK



REDUCE
STRESS

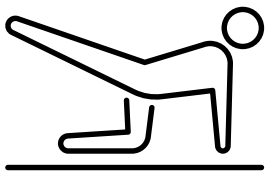
WHY OUR STUDIO?

Here at Wellness with Lauren, we really strive to provide our clients with the full wellness package - we are always learning and hungry for knowledge which is how we can provide such a wide variety of services.

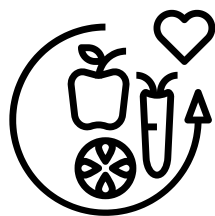
In all our Pilates classes we aim to work on strength, posture, releasing, re-activating and re-aligning the full body - muscle, fascia, mind and body - to ensure that our clients always walk out feeling longer, stronger, more relaxed and connected after every class.

Our bodies were created to move- technology and every day life has forced us to be stationary... we feel that bringing movement back into everyday life is essential in creating a happy and balanced lifestyle.

At Wellness with Lauren our offering does not end with Pilates classes - we also offer a variety of complimentary services for Wellness days or as an addition to your Wellness package:



Pilates



Nutrition



Massage



Stretch

082 825 4666

Info@wellnesswithlauren.co.za

www.wellnesswithlauren.co.za



[INSTAGRAM PAGE](#)



[FACEBOOK PAGE](#)



MEET YOUR CORPORATE TRAINER

RENEE

Pilates instructor & massage therapist

In 2019, I started my journey towards qualifying as a BSc Bio Medical Scientist. During this time human movement and sustainable wellness became of great interest to me, so in September of 2019 I enrolled at Healing hands, seeking an education in Holistic Massage, Sport Massage and Aromatherapy. While I was completing my practical hours, some of my clients and friends suggested:” why not teach Pilates”. I have always enjoyed dance and almost any kind of sport. I enrolled at BASI South Africa the following year and started my course January 2020.

I love the strengthening, stretching, balance and fascial movement Pilates provides. The way it enhances spinal stability, increases muscle control, and shapes the body is incredible. I believe that every person’s body should be pain free. I do hope that my clients enjoy my classes as much as I do.

MONTHLY PILATES PACKAGES



**1 X 60MIN ONLINE
CLASS PER WEEK**

R3 000

Per Month



**2 X 60MIN ONLINE
CLASS PER WEEK**

R5 500

Per Month



**1 X 60MIN IN
PERSON CLASS
PER WEEK**

R3 500

Per Month



**2 X 60MIN IN
PERSON CLASS
PER WEEK**

R6 000pm

Per Month



**CUSTOMIZED
PACKAGE**

TBC

All classes can also be streamed online or recorded as well and stored for 1 week for those who cannot attend.

WELLNESS DAY OPTIONS

PILATES CLASS

Pilates classes for general strength, flexibility, pain management, stress relief or mobility.



STRETCH & RELEASE

Movement classes based solely on stretching and releasing. We incorporate pilates, rehab based work and fascia release principles into these classes.



NUTRITION

We offer nutritional programs for the following:

- 1) Nutritional Therapy (finding the root cause of conditions)
- 2) General nutritional advice
- 3) Nutrition for weight loss



MASSAGE

We offer the following massage techniques:

- 1) Sports massage therapy
- 2) Aromatherapy
- 3) Reflexology



CUSTOMIZED PACKAGE

Create your own Wellness Day from the services listed above, or ask us if there is something else that you would like - chances are, we have a contact



ABOUT THE PACKAGES

There are 2 main packages available - in person or online.

A hybrid option combining in person classes with online classes is also available.

To build a unique package that works for your company please contact Lauren to discuss.

[Contact us](#)

info@wellnesswithlauren.co.za

ONLINE OPTION

No maximum participant amount.

Employees can do the class from office or home, wherever they have the space available.

No equipment needed - we may use everyday readily accessible objects such as a chair or towel as a prop.

Classes conducted live via zoom
- recording option available
for those that can't
make the class
but want to
do it
later

IN PERSON OPTION

Maximum capacity depends on space available.

Classes done at the office - space to be provided.

We will provide all equipment necessary.

A decorative background featuring a light pink pen, a large pink rose, and a notebook with a pink cover and white pages. The notebook has some text on it, including "OTE".

Thank you

We know that you have many options of studios and wellness centre's and we thank you for your time and consideration.

Please let us know if you have any questions or if you'd like to chat.

We look forward to hearing from you and hope that we can work with you on your wellness journey.

Lauren & the team