



MindBody Therapy Virtual Offers

At Mindbody Therapy, we are dedicated to helping you, to not only get through life but to thrive in your day to day living. We have 1-2-1 telephone or online zoom workshop sessions available to book, with Devon or Karen. We know that we are living in uncertain times, which are raising levels of anxiety; fear and stress. We know that talking to someone who will listen can make a real difference and we aim to listen; uplift; encourage; help you with tools and techniques to manage and indeed power up yourself and your teams.

We can tailor the sessions to meet your company needs.

Improve employee engagement & productivity by looking after their well being

- Breathing & Stretching
- Self massage tips & demonstration
- Morning matras - pick me ups
- How to stay connected
- Managing the stress of uncertainty
- Stress relief - managing deadlines
- Meditation & Mindfulness
- Complementary health pain talks
- Power up - build your teams
- Managing finances
- Staying healthy at home
- Resilience - building life muscles

Corporate Workshops



Bring out the best in your teams, so they deliver with creativity & efficiency

- Power Up your Life - coaching
- Power up your teams
- How to manage aches & pains
- Guided Imagery & Visualisation
- One Energy reiki session / healing
- MindBody Tuning - breath & mind work to relax & recharge
- Self massage techniques
- Massage your partner training

1-2-1 virtual sessions



NB. Some of the group workshops could be converted to 1-2-1's