

WELL WITH SEN · CORPORATE WELLNESS

Give your team a reason to exhale.

Yoga, Pilates and sound healing sessions for teams.
Taught in English and tailored to your workday.

Sena · Munich



Not another agenda item.

Most wellness perks ask people to perform. This is sixty minutes where the only task is to stop bracing.



Real stress reduction

An actual nervous-system reset, not a talk about stress management.



A shared moment

Teams feel more connected afterward, without a single icebreaker.



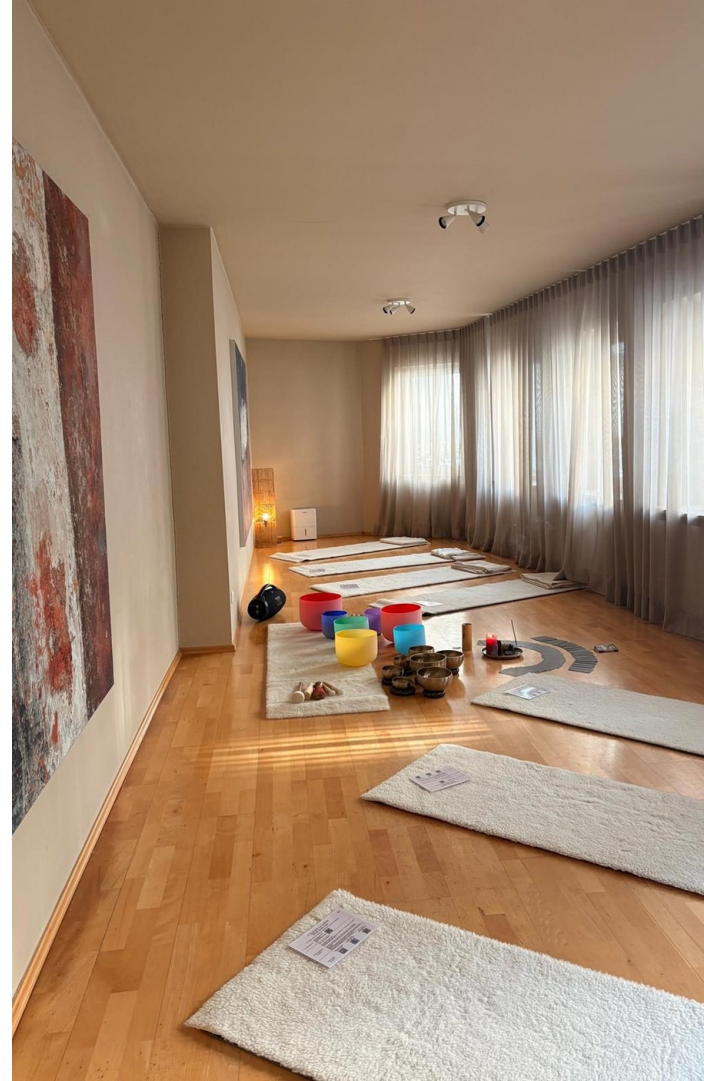
No performance pressure

Beginners and skeptics leave just as settled as regular yogis.



A break from screens

Sixty minutes where no one is expected to check Slack.





YOGA • SOUND HEALING • PILATES

Hi, I'm Sena.

I teach yoga, Pilates, and sound healing in Munich. With a background in engineering, I understand corporate stress and desk fatigue firsthand, so every session is designed around your team's actual workday.

3

practices: yoga,
Pilates, sound healing

2

based in Munich &
Augsburg (Istanbul &
Bodrum on request)

EN

all sessions taught in
English

Four ways to reset.



Yoga

60 min

A grounding Hatha Vinyasa flow. No experience needed, open to every level.

Best for: Lunch breaks, team days



Pilates

60 min

Precise mat Pilates rooted in Balanced Body movement principles. Posture, core and desk-body relief.

Best for: Desk-heavy teams



Sound Healing

60 min

A live sound bath with crystal and Tibetan singing bowls. Nothing to do, just receive.

Best for: Deep rest, end of day



Yoga + Sound Healing

60-75 min

Light breathwork, a gentle flow, then a live sound bath in final rest.

Best for: Afterwork, offsites, holiday wind-downs



Built around your team.

Every team needs something different. I adapt each session to what yours needs most:



Focus on breath

Slow, calming breathwork to settle the nervous system before a big day or after a hard one.



Focus on movement

Yoga or mat Pilates to release shoulders, back and hips after long hours at a desk.



Focus on rest

A longer sound bath for deep, screen-free recovery.

Morning wake-up • Lunch break • Afterwork • Offsites • Holiday wind-downs

Simple for HR.

For HR and workplace teams



Everything included

Mats (for up to 15 people), singing bowls and sound equipment.
Just need an open conference room or team space.



Taught in English

Clear, friendly guidance for international teams.



Any group size

Small team or whole department. We adapt the format.



Your office or a partner studio

Munich, with Augsburg on request.



One-off or recurring

A single event, or a monthly or quarterly series.



Corporate Rates 2026

Flat fee per session. Mats and sound equipment included.

Yoga

€150

per session • 60 min

Hatha Vinyasa flow

Pilates

€150

per session • 60 min

Mat Pilates

Sound Healing

€250

per session • 60 min

Live sound bath

Yoga + Sound Healing

€300

per session • 60–75 min

Breath, flow and sound bath

Mats included

For up to 15 participants. For larger groups we arrange extra mats together.

Regular series

Preferred rate for monthly or quarterly bookings. Just ask.

Larger or custom

Groups of 15+ and tailored formats are quoted individually.

Three simple steps.

1

Tell me about your team

Group size, preferred date, your office or a studio, and the format that fits your goal.

2

Get a tailored proposal

A short plan within 48 hours: format, duration, pricing and what to prepare.

3

We show up and hold the space

I bring the mats, bowls and calm. Your team just needs to show up.

Payment by invoice for companies.

Let's give your team sixty minutes offline.



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"I loved how the yoga prepared my body to truly sit still. The vibrations felt like a deep reset for my nervous system."

Session participant