



# **CORPORATE WORKSHOPS & SERVICES**

**DANCE**

**HULA-HOOP**

**YOGA**

**PILATES**

**MEDITATION**

**GROUP FITNESS/PT**

**POSITIVE PSYCHOLOGY**

**MASSAGE**

**REIKI**

**PRICES START FROM £85 PER HOUR FOR WORKSHOPS.  
BESPOKE SESSIONS AVAILABLE**

**MASSAGE PRICES AVAILABLE UPON REQUEST (GROUP  
DISCOUNTS AVAILABLE)**