

SUMMYT YOGA

CORPORATE WELLNESS DAYS

Summyt Yoga was born from a desire to offer yoga and wellness in unique settings, detached from the usual day to day environment. Available to anyone who wants health and wellbeing as a part of their lifestyle, but hasn't found their place in the current world of yoga studios and classes.

We all have different priorities and obstacles, and at Summyt we want to support those needs with tailored programmes and insight. With over 20 years combined experience in yoga, fitness, anatomy and nutrition, we have a unique ability to make yoga and health fit around your lifestyle and work for you.

Set in the beautiful grounds of Hintlesham Hall in Suffolk, our wellness days are a great opportunity for your employees to reset and take charge of their mental and physical wellbeing. Rather than just relaxing for a day, our mission is to provide your team with the necessary tools to incorporate wellness into every day.



WHAT WE OFFER:

- Tailored yoga session for your team, focusing on physical and mental wellbeing
- Breathwork, mindfulness and meditation
- Nutritional advice
- Personal training clinic, focusing on injury prevention and rehabilitation
- Lunch and refreshments included
- Informative presentation and Q+A

WHY IT WORKS:

- Decrease stress and anxiety
- Increase productivity and decision making
- Less sick days
- A happier, healthier and more productive team
- Tangible tools to take into day to day life

PRICES:

Summyt Yoga Days starting from as little as £100 per person. Bespoke packages available.

For more information and to book your corporate wellness day, contact us:

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