

Yoga to go - business

by Yoga Sol Mallorca

- Yoga classes
- inhouse and outdoor
- Yoga and business
- concepts and more



Yoga for your business

- Meetings
- Incentives
- Congresses
- Events
- Teambuilding
- Business Development
- Seminars





Who we are

My Name is Jana Maria Schaefers and I founded Yoga Sol Mallorca at the beginning of 2017.

Before that time I studied tourism economies and for many years I have been working as a Key Account Manager and Marketing expert for the Congress branch in Germany.

Yoga is my passion and it is a pleasure for me to give yoga skills to others (yogis and people who have never heard of yoga before). It begins with breathing and connects you with your body, mind and soul. I am certified as RYT 500 and absolved other trainings e.g. in medical and yin yoga.



What we do

Yoga to go is developed for everybody who wants to practice yoga where and when he or she wants to. The yoga teacher comes to you with mats and a individual yoga program.

Yoga to go - business combines the elements of yoga to go and your business. We want to get you and your employees more healthy and relaxed with your business by getting more output.

How we work with you

All these points are examples – we will create a special offer for you

- Yoga session at the beginning or end of your seminar (day) to get start or end (1 hr)*
- Short introduction what is stress and how it works, yoga session with tips and tricks for your office (2 hrs)**
- Yoga and business – we create a whole day: yoga session, technics of breathing, learn how to focus while calming down, nutrition tips and examples (6 hrs) **

*languages: German, English, Spanish, French

**languages: German, English – other on request





Your benefits

- Install soft skills in your business
- Be more relaxed at work and with work
- Improve your business – be more goal-orientated and focussed
- Reach your aims more easily
- More healthy employees
- Simply learn how to breathe
- Don't be afraid of new business styles

contact

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Our appointment with life takes place
in the present moment, And the meeting point
is exactly there, where we are.

Buddha



YOGA SOL MALLORCA