MEILANA

Yoga that comes to your workplace

Desk & chair sessions, lunchtime classes and wellbeing days for teams across the UK, in person or live online. Mats and props provided. No experience needed.

MOVE · YOGA · MIND

WHY BRING YOGA TO WORK

An hour that pays back the rest of the day

Less desk strain

Targeted work for necks, shoulders, lower backs and wrists, the places hours at a screen show up first.

Calmer under pressure

Simple breathing and relaxation techniques people can use before a presentation or after a hard call.

A team that connects

A shared, low-stakes activity that brings people together across roles and levels, in the office or on a screen.

THREE TRACKS

Choose the pace that suits your team

Not sure which? We'll pick one together on a short call, based on your team's goals and experience.

GENTLE

Restorative Yoga

Slow, supported postures held with bolsters and blocks, guided by the breath. Deeply calming.

For stress, sleep, busy periods and end-of-day wind-downs.

STEADY

Beginners Hatha Yoga

Classic postures taken one at a time, with clear guidance on alignment and plenty of options.

For mixed abilities, first-timers, posture and back care.

DYNAMIC

Energising Vinyasa Yoga

Flowing sequences that link movement to breath, building warmth, strength and focus.

For keen movers and a lunchtime energy boost.

FORMATS & PRICES

Simple flat fees, whatever the headcount

FORMAT	WHAT IT INVOLVES	IN PERSON	LIVE ONLINE
Desk & Chair Yoga 30 min · up to 30 people	Seated and standing stretches and breathwork. Work clothes are fine, no mats or changing needed.	**£95**	**£75**
Lunchtime Class 45 or 60 min · up to 20 on mats	A full mat-based class in your chosen track. Ideal as a weekly fixture.	**£125 / £145**	**£95 / £110**
Wellbeing Half Day Up to 3.5 hours	Two or three sessions mixing tracks, breathwork and relaxation. Great for wellbeing weeks.	**£395**	—
Wellbeing Full Day Up to 7 hours	Four or five sessions for offsites, away days and conferences, shaped around your agenda.	**£695**	—

Add another 30-minute session on the same visit for £60 (£50 online). Themed sessions on posture and back care, stress and sleep, or breathwork come at no extra cost.

½ **Try it first.** Your organisation's first session is half price, in person or online, so your team can try it before you commit.

INCLUDED

Everything your team needs

- Mats, blocks, straps and bolsters for up to 20 people
- Music and a speaker
- Pre-session health questionnaire, kept confidential
- A short "what to wear, what to expect" note for staff
- Fully insured, Yoga Alliance/BWY registered teacher
- Short feedback survey after each session

TRAVEL

Based in Woodbridge, Suffolk

Included	Within 15 miles: Ipswich, Felixstowe, Martlesham
£25	15–35 miles: Colchester, Stowmarket, Bury St Edmunds
£60	35–70 miles: Norwich, Chelmsford, Cambridge
Quoted	London and further afield: rail fare plus travel time, for half days or two or more sessions
None	Live online sessions, anywhere

HOW IT WORKS

From first call to first class

1

15-minute call

Tell me about your team, your goals and your space.

2

Proposal

I recommend a format and track, with one clear price including travel.

3

Book

Confirm the date. Your team gets a short health form and a "what to expect" note.

4

Practise

I arrive early to set up and leave the room as I found it.

THE SMALL PRINT

Clear, simple terms

RESCHEDULING

Free with 7 days' notice for sessions and 21 days' notice for wellbeing days.

CANCELLATIONS

50% fee for later notice. Full fee within 48 hours, or within 7 days for wellbeing days.

INVOICING

Invoiced after each session, payable within 14 days. Wellbeing days need a 25% deposit to secure the date. PO numbers welcome.

GET IN TOUCH

Book a 15-minute call with Mei

Mei Pang is a 200-hour qualified yoga teacher with over two years' experience teaching hatha, vinyasa and restorative yoga to all levels.

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