



Testimonials

Corporate Yoga Wellbeing

Find your bliss to your work - life balance



Wellness breaks



Yoga Classes



Half & Full day retreats

★★★★★

“I love the fact that Fran tailors my lessons to not only me as a person but how I am feeling each week by using teaching a variety of different types of yoga - if I'm tired we can focus on restorative yoga for example. It really is 100% personalised.”

JODIE BARRAIN




★★★★★

“I had been thinking about taking up Yoga for a while but always found excuses not to. I have lost flexibility over the years and suffer from back trouble. Fran is lovely. She explains all the moves really well and breaks them down so novices like me can follow. I was always worried that I'd be expected to be flexible to take part in yoga but Fran has proved that anyone can take part!”

BETHAN LEICESTERSHIRE



★★★★★

“It was a really enlightening course, well planned and very accommodating. I loved it and it inspired me so much. It felt so real and involving, more than I expected in an online class.”

SARAFINA LEICESTERSHIRE



★★★★★

“It will give you a foundation of yoga to help you appreciate why you are doing the moves and how to ensure you are getting the postures right for you. Fran is very genuine. She clearly loves and is dedicated to this passion and shares it beautifully.”

EAT LEICESTERSHIRE



★★★★★

“I am quite an active person but had never tried yoga before. I was able to learn a wide range of yoga skills which I can incorporate into my everyday life. [Frananda Yoga] were very knowledgeable and happy to answer any questions I had. I would have no hesitation in recommending your services to friends, family and colleagues. Thank you again.”

CLARE, DERBYSHIRE



★★★★★

“Frananda Yoga has helped to greatly improve my all round flexibility, in particular to recover full movement in my shoulder following a cycling accident. It is an integral part of my training for future long distance cycling sportives.”

DAVID LONDON



★★★★★

“I thought it was great to learn more about yoga movements. I didn't just want to do the movements but also why I was doing them. It made me feel more grounded and it helps me to stay in the moment.”


KATEEN NOTTINGHAMSHIRE



★★★★★

“Yoga with Fran has taught me it's not about what you look like, it's about how you feel, and it's not about what poses you get into, it's about seeing what your body can do there and then. It has helped me to learn to keep trying, stay focused, enjoy any challenge, and not let my ego get in the way.”

KATE NOTTINGHAMSHIRE





Welcome...



Interested in bringing yoga into your workspace?

With Frananda Yoga, a small, female-led yoga business, you're guaranteed to receive high quality, tailor-made wellness packages that suit your business and employee needs. Whether that's regular workspace yoga classes, mini wellness breaks, or even a retreat day to promote teamwork skills, we can work with you to create bespoke wellbeing that is fit for purpose and maximise the productivity, creativity and happiness of you and your staff team.



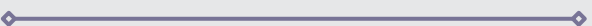
Meet your instructor...



Hi, I'm Francesca (or Fran!)

I have been practising yoga since 2016 and completed my Yoga teacher training in 2020. I teach online and in-person yoga to clients in the Nottinghamshire and Derbyshire area, but I also teach students from all over the UK and even as far as Bahrain!

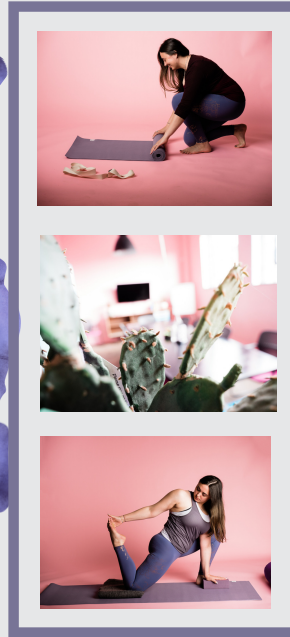
My passion in life is to help others to restore a sense of calm and balance into our busier-than-ever lives. Yoga gives you the tools to slow down, make intelligent and informed decisions and help you to live a longer, healthier and happier life.



Wellness Breaks



Limited on time? Wellness Breaks are 20 minute-long Yoga sessions, covering a diverse selection of carefully curated Yoga sessions, designed to be fit into the busy working day. These sessions can be done live (in person or over Zoom), and there is the option of pre-recording the sessions to do at a more convenient time, handy if your employees work in shift patterns or take different lunch break times.



Frananda Yoga Wellness breaks can include:

- Gentle stretching sequences
- Yoga flows
- Chair/ desk Yoga
- Meditation and relaxation exercises
- Yoga Nidra (a deeper, restorative relaxation)
- Breathing and mindfulness exercises

And many more besides – if you have something specific in mind, let us know!

Pricing

Number of sessions per week	Price (per week)
1	£40
2	£78
3	£114
4	£148
5	£180



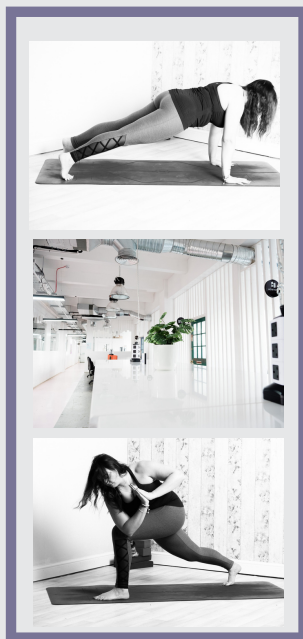
Yoga Classes

Get more than you would from a regular yoga class! Move, breathe and flow with your team working together as one, promoting healthy energy, positivity and great strength in your team! Frananda Yoga Corporate Yoga classes are designed to support your workforce in the best way possible – whether that’s making it more accessible for an age-diverse group, theming or even including your company’s wellbeing mantra throughout to promote team-building and fostering healthy working relationships.

Yoga Class themes

Previous Yoga Class themes have included:

- Yoga for preventing back pain
- Yoga for tight shoulders and neck
- Yoga for better posture
- Yoga for creativity and productivity
- Yoga for calm and de-stress
- Beginner’s Yoga Course



Yoga Classes Pricing



Number of sessions per week	Price per week (45 mins)	Price per week (30 mins)
	<i>5 people minimum</i>	<i>5 people minimum</i>
1	£75	£55
2	£140	£110
3	£210	£160
4	£280	£210
5	£345	£255

	<i>10 people minimum</i>	<i>10 people minimum</i>
1	£80	£100
2	£160	£190
3	£235	£285
4	£310	£380
5	£385	£470

Sessions can take over Zoom, either live or pre-recorded.

If you prefer in-person yoga sessions this can also be arranged.

Please note, that the price remains the same in both cases, with additional fuel allowance for the in-person option (45p/mile).



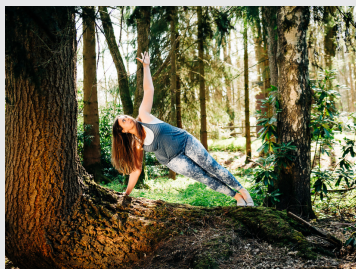
Yoga Retreats (full or half day)

Want to have that immersive, fun, mood-boosting experience, which will make a highly positive impact on your team's productivity and synergy?

Why not dedicate half or a full day to a yoga retreat? Yoga retreat days have something for everyone, from yoga classes, woodland walks, inspirational talks and building in time to develop relationships with co-workers. You could even use it as incentive for a particular team deserves recognition for their hard work.

Your Yoga retreat can be as customised at you like, and a variety of different themes can be tailored to suit the needs of your team. Whether that's an energetic flow for a younger workforce, or exercises to help with workload anxiety, work-life balance, or physical ailments such as back pain.

The location of the retreat is flexible – if you have a specific place in mind e.g. your workplace, this can be arranged. Alternatively, there are other options available, such as the beautiful Ulvescroft Manor in Leicestershire.



An example of a retreat day...

Below is an example of how a retreat day may run:

9 am Arrival

9:15am Morning movement session

An energising, yoga movement session to encourage oxygen and blood flow around the body to help boost your mood and improve your focus.

10:15 am Tea break, Q&A

A chance to socialise with your co-workers, as well as set intentions and goals for your work-life balance. Also a chance to ask any questions you have about yoga and wellbeing. If the retreat is taking place at Ulvescroft Manor, you can also take time for a short woodland walk, or simply browse the beautiful grounds and say hello to the deer!

10:45 am – 11:45 am Meditation and Intention setting

This session provide an introduction into mindfulness through the practice of meditation. We will set intentions during this session to help you clarify and focus your goals and ambitions, whether work-related or life-related. Don't worry if you find sitting still difficult, there will be opportunity for active participation during this session.

11:45 am – 12:00 pm Breathwork

We will explore how yogic breathing techniques can help with mental ailments, such as stress, anxiety and depression.

12:00 pm – 1:00pm Lunch (this can be provided if at Ulvescroft Manor, for an additional fee).

1:00 pm – 2:30 pm Workshop One

This can be a workshop on a specific aspect of Yoga which would benefit your company or business.

Examples could be:

Desk Yoga tips Exploring yoga postures to aid with common workplace physical ailments, such as backpain.

Restorative Yoga A gentle yoga that is accessible to all ages and abilities

Yoga Nidra A deep relaxation technique which can aid with boosting creativity, promoting better quality sleep and overall relaxation.

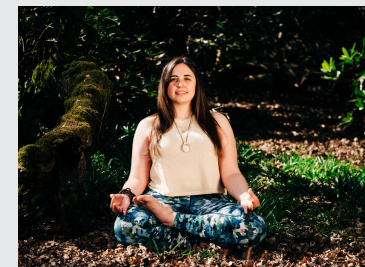
2:30 pm – 4:00 pm Workshop Two

This can be a workshop on a specific aspect of Yoga which would benefit your company or business.

See above for ideas.

4:00 pm – 4:45 pm Closing Session

We will round off the day with some slow and gentle Yin Restorative Yoga, as well as an extra-long Savasana / guided meditation to send you home with good vibes and feeling refreshed.





Retreat Pricing

Full Day £500

Half-Day £300

10% discount if booked and paid in full up to 28 days before retreat date.

For an accurate quote please contact me directly on studio@franandayoga.com or call 07859 945 260.

Terms and Conditions

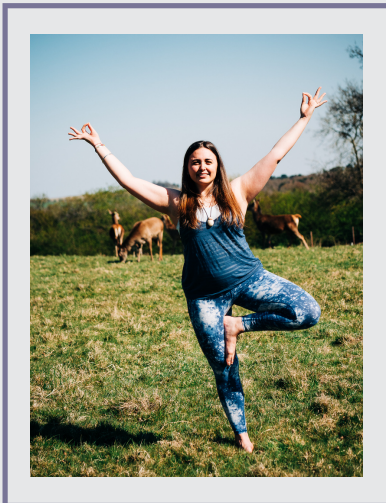
10% non-refundable deposit required at time of booking.

Fuel allowance is not included (45p per mile).

Venue hire (i.e. holding the retreat away from your workplace may incur an additional cost).

Lunch can be provided – please contact to discuss dietary requirements.

Payment plans can be discussed and arranged.



Ready to book?

For your no-obligation consultation, contact Fran on:

Telephone: 07859 945 260

Email: studio@franandayoga.com

Website: <https://www.franandayoga.com>

Social Links

LinkedIn: <https://www.linkedin.com/in/franandayoga>

Facebook: <https://www.facebook.com/franandayoga>

Instagram: <https://www.instagram.com/yogawfran>

