

# ANNIKA K

WORKPLACE WELLNESS & EXPERIENCES

*Thoughtfully curated experiences for modern workplaces.*

Bringing movement, wellbeing and meaningful moments of connection into the working day.

SYDNEY, AUSTRALIA

01 · THE APPROACH

# A different kind *of workday.*

Modern working life asks a lot of us. Long hours at a desk, constant screen time, back-to-back meetings and very little opportunity to pause.

Wellness doesn't always need to mean another big commitment. Sometimes it's simply having the space to move, breathe, reset and reconnect with yourself.

Annika K brings thoughtfully delivered wellness experiences into workplaces, creating opportunities for employees to step away from their desks, reconnect with their bodies and return to their day feeling refreshed.

From regular movement sessions to one-off wellbeing events, each experience can be adapted to the people, space and atmosphere of the workplace.



THE INTENTION

*To make feeling good part of the working week.*

02 · THE EXPERIENCES

*i.*

## Movement & Yoga

Accessible movement experiences designed for different bodies, abilities and levels of experience.

- Corporate yoga
- Gentle flow and mindful movement
- Yin and restorative yoga
- Stretch and mobility sessions
- Beginner-friendly yoga experiences

*ii.*

## Breath & Reset

Simple guided practices that invite people to pause, slow down and create a little space in their day.

- Guided breathing practices
- Mindful relaxation
- Guided meditation
- Short lunchtime reset sessions

*iii.*

## Workplace Wellness Events

Curated experiences designed to bring people together and introduce wellbeing into the workplace in a more engaging way.

- Workplace wellbeing mornings
- Wellness days and special activations
- Themed movement and relaxation experiences
- Seasonal wellbeing events
- Bespoke sessions for teams and tenant communities

03 · HOW WE CAN WORK TOGETHER

# Designed around your people *and your space.*

Whether you're looking to introduce a regular wellness offering or create something special for an upcoming event, experiences can be tailored to suit your building, team and objectives.

I

## Regular Workplace Sessions

Recurring classes or sessions integrated into the working week.

II

## Tenant & Building Experiences

Wellness offerings that bring together employees from different businesses within a shared commercial space.

III

## Events & Activations

One-off experiences for wellbeing days, corporate events, launches and special occasions.

IV

## Bespoke Collaborations

Custom wellness experiences developed in collaboration with workplaces, brands, event organisers and hospitality partners.



ABOUT ANNIKA

## Annika

Annika is a Sydney-based yoga teacher and wellness practitioner with a passion for helping people reconnect with their bodies and create more space for wellbeing in everyday life.

Her approach combines thoughtful movement, embodied practices and a warm, welcoming teaching style.

*The aim is simple: to create experiences that leave people feeling more connected, refreshed and alive.*

GET IN TOUCH

# Let's create something *meaningful.*

For workplace wellness, events and collaborations.


EMAIL

hello@annika.au

WEB

annika.au

INSTAGRAM

@annika.eufori