

ANNIKA K

Workplace Wellness
Experience Menu

A collection of thoughtfully curated experiences for modern workplaces.

01 THE MIDDAY RESET

02 THE UNWIND

03 THE WELLBEING MORNING

04 THE RESET EXPERIENCE



01

SIGNATURE EXPERIENCE

The Midday Reset

Move. Breathe. Return.

A refreshing break from the working day, designed to help employees reconnect with their bodies and return to their afternoon feeling refreshed.

DURATION	30–45 minutes
THE PRACTICE	Accessible yoga, gentle movement, mobility and guided relaxation.
IDEAL FOR	Recurring lunchtime sessions and tenant wellness programs.

02

SIGNATURE EXPERIENCE

The Unwind

Slow down. Let go.

A restorative experience designed to create space to slow down and release the physical demands of a busy working day.

DURATION	45–60 minutes
THE PRACTICE	Yin-inspired movement, gentle stretching, breath awareness and guided relaxation.
IDEAL FOR	End-of-day sessions and special wellbeing events.





03

SIGNATURE EXPERIENCE

The Wellbeing Morning

A better way to start the day.

A beautiful way to bring people together and introduce wellbeing into the workplace.

DURATION	60–90 minutes
THE PRACTICE	A curated morning experience combining guided yoga or movement, breathwork, relaxation and connection.
IDEAL FOR	Corporate gatherings, tenant engagement mornings and wellbeing weeks.

04

SIGNATURE EXPERIENCE

The Reset Experience

An invitation to reconnect.

Designed around the audience, occasion and available space, with opportunities for practitioner collaborations.

DURATION	60–120 minutes
THE PRACTICE	A more immersive and bespoke wellness experience bringing together movement, restorative practices, sound and guided relaxation.
IDEAL FOR	Premium events, brand activations and bespoke corporate experiences.



CUSTOMISATION

Every experience can be adapted to suit *your people and your space.*

Group size, duration, intensity, facilities and event objectives can all be considered when developing an experience.

GROUP SIZE | DURATION | INTENSITY | FACILITIES | EVENT OBJECTIVES

WAYS TO WORK TOGETHER

i.

One-Off Experiences

A standalone session or special event.

ii.

Ongoing Wellness

Regular weekly or monthly workplace sessions.

iii.

Bespoke Collaborations

Tailored experiences developed around a particular event, brand or workplace.

GET IN TOUCH

Let's create something *meaningful.*

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WORKPLACE WELLNESS & EXPERIENCES

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