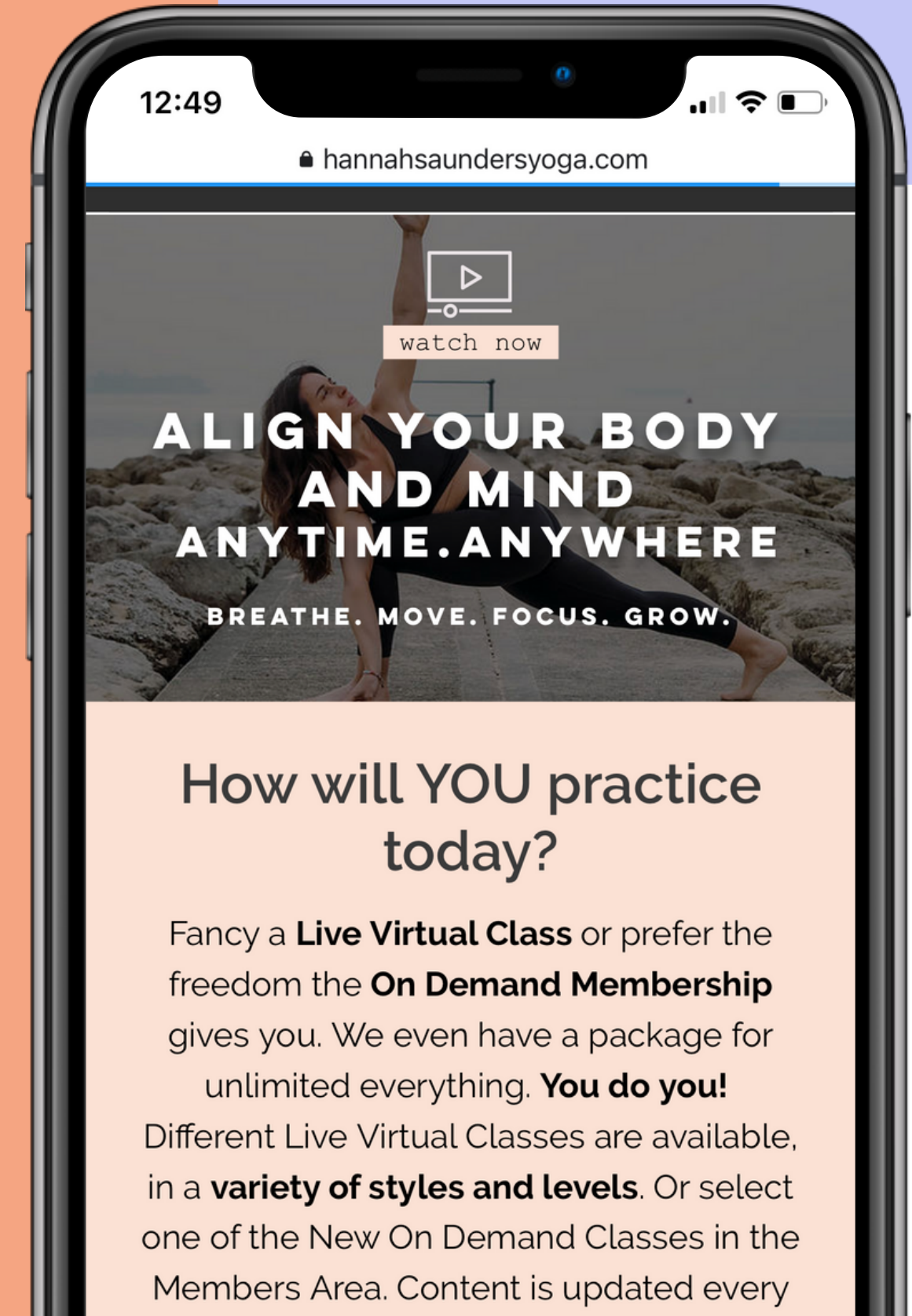


HANNAH SAUNDERS YOGA

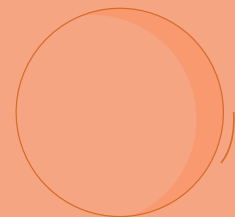
YOUR NEW ONLINE YOGA STUDIO



How your corporate
membership works and what to
expect



HS YOGA X YOU



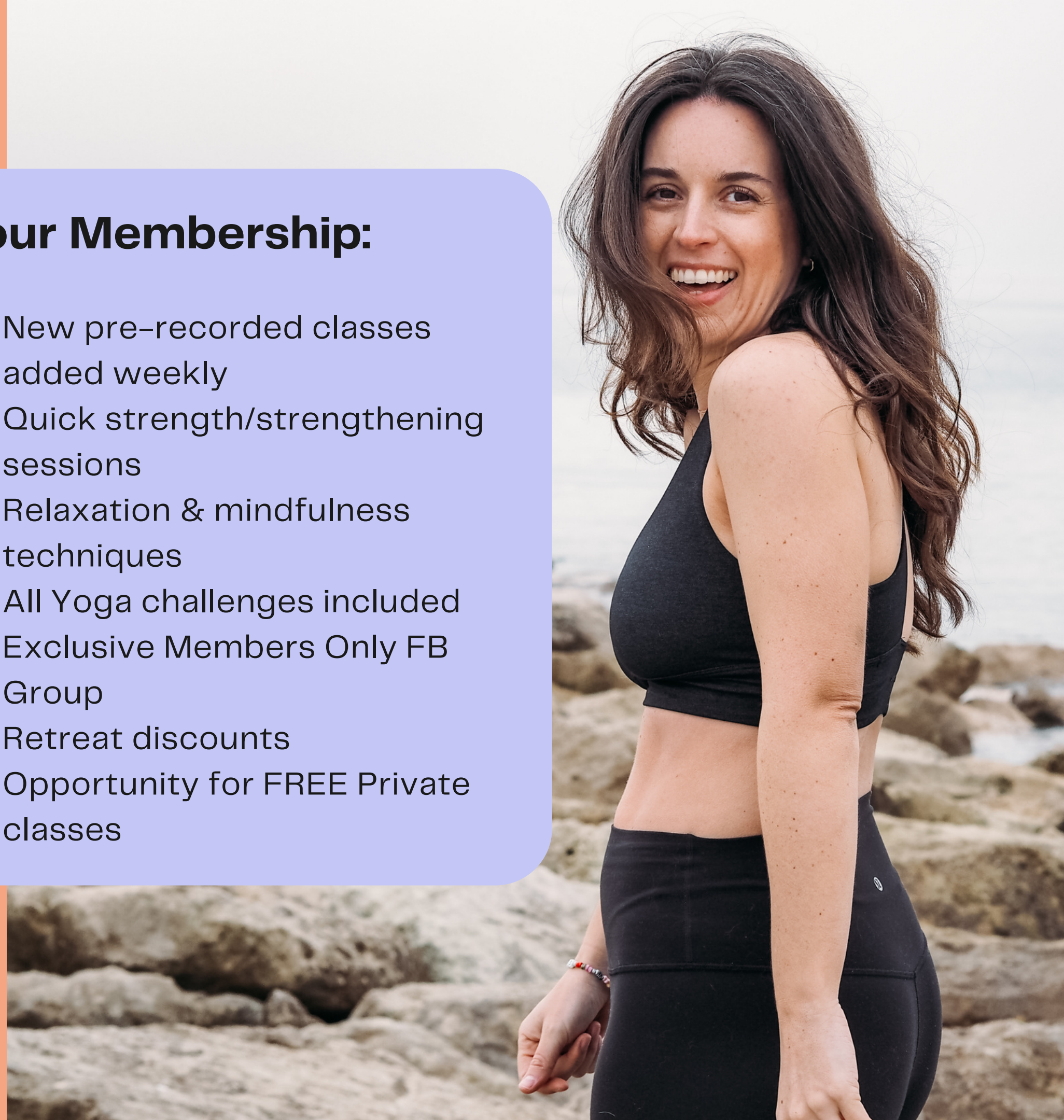
In a Nutshell

Practice Online
Anytime, Anywhere

HS YOGA X YOU

Your Membership:

- New pre-recorded classes added weekly
- Quick strength/strengthening sessions
- Relaxation & mindfulness techniques
- All Yoga challenges included
- Exclusive Members Only FB Group
- Retreat discounts
- Opportunity for FREE Private classes



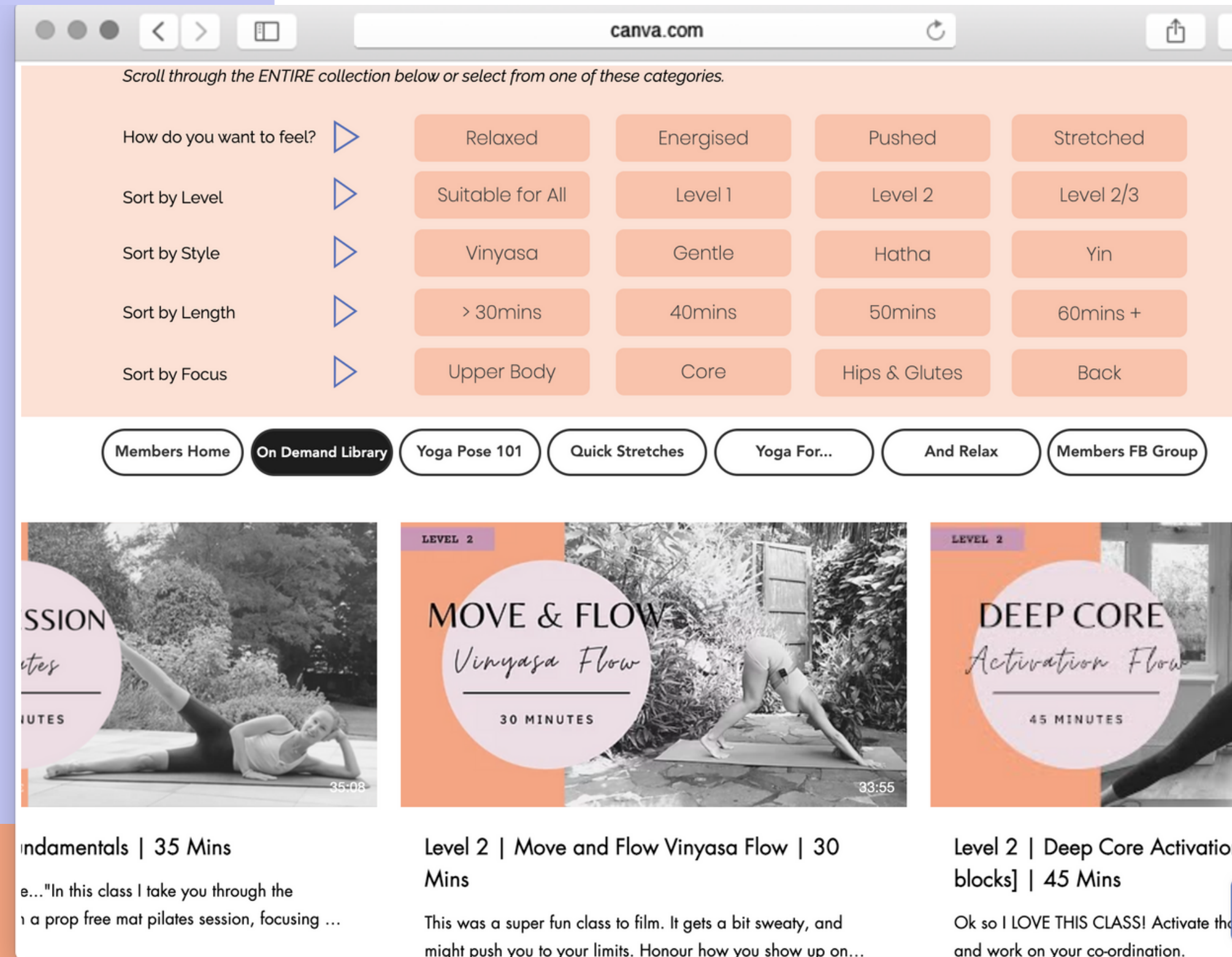
What does the Members Area look like?

Once logged in, you have access to the whole Yoga catalogue

All you need to do is select what you want and within seconds it is there ready for you. You can even download your favourites!

Available on your desktop, laptop, tablet and mobile.

HS YOGA X YOU



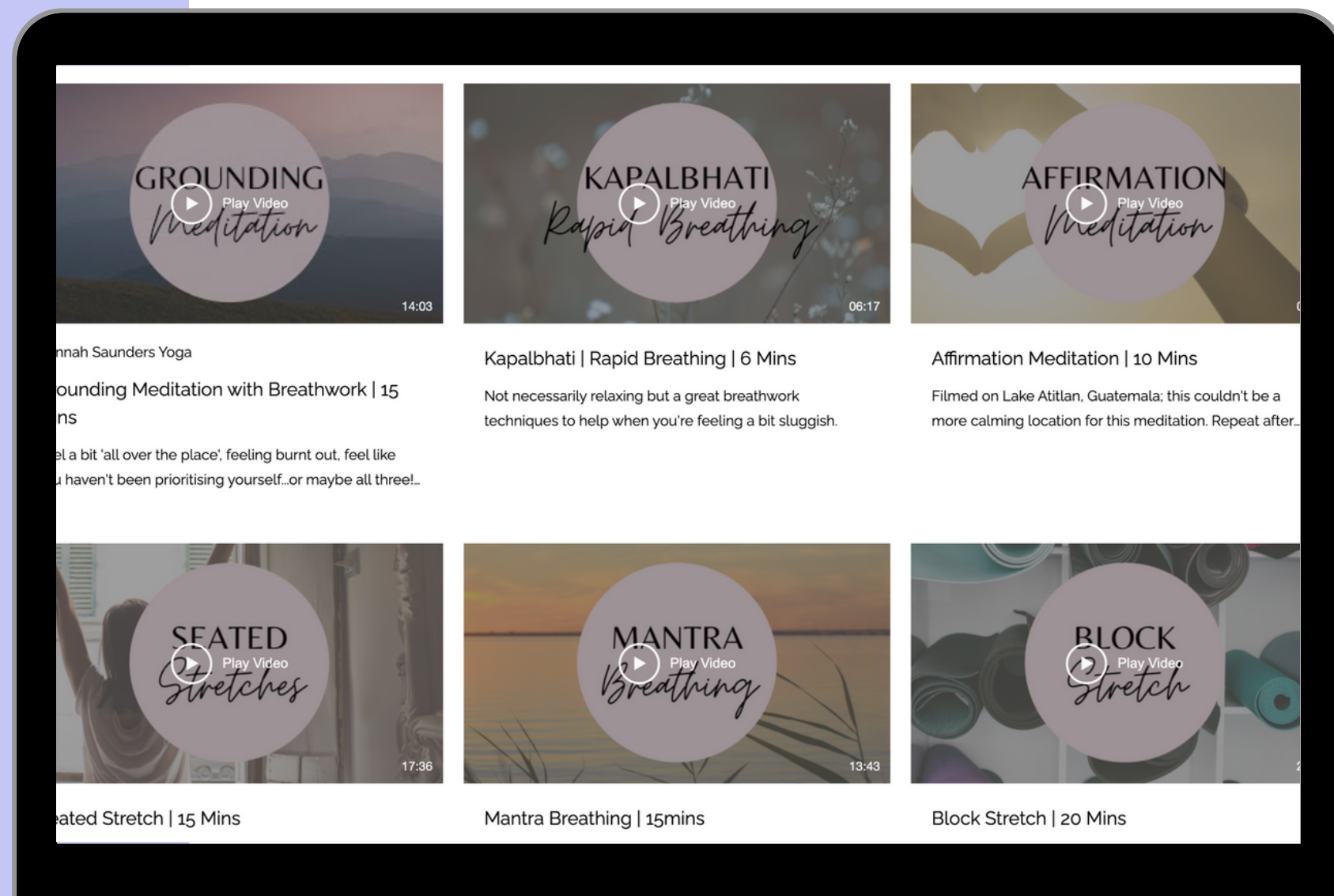


Yoga Classes for All

You have the freedom to choose what level, type and length of class suits you.

Every time you log in you are going to feel different, so this allows you to tailor your practise to your body and mind.

There are classes available for people who have never practised before, as well as seasoned Yogis.





ALL MEMBERS CONTENT



New In



Most Popular



My Favourite Flows



All On Demand Classes



Yoga Pose Guide



Quick Stretches

TOP TIP : If you just want to check out the new content., click 'New In' on the Members Area and you'll see what has been added that week.

New content is uploaded every Monday

Client Testimonials



Lea C



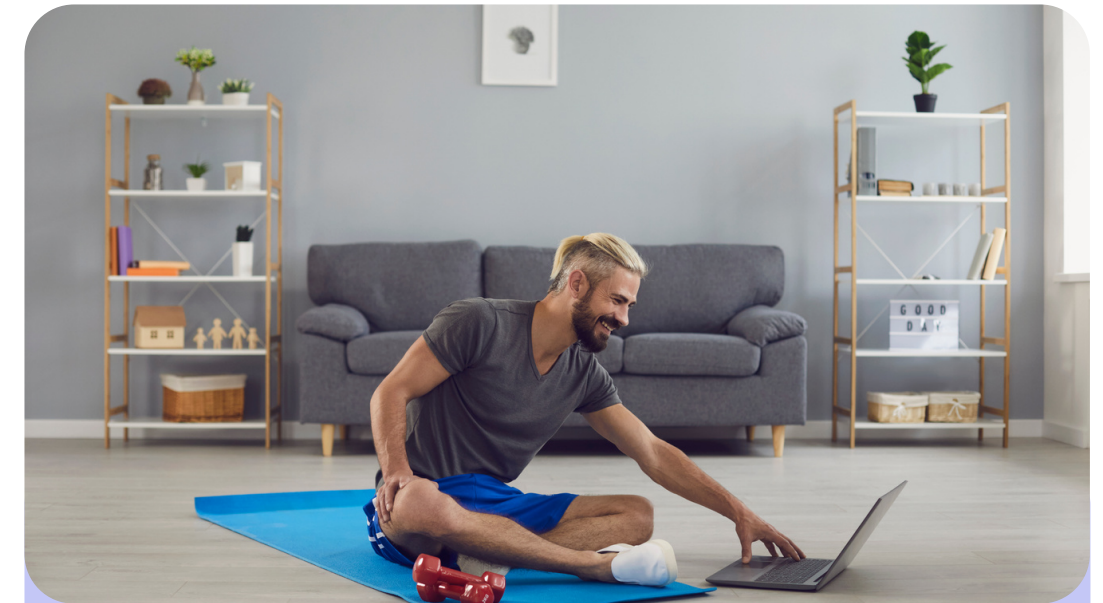
Hannah is an amazing and inspirational yoga teacher, and an all-around awesome person! She's super skilled, but also patient, funny, and just lovely to be around!



Becky Blake



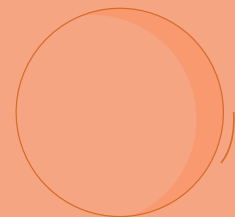
Hannah is a fantastic and patient yoga teacher. I love her classes and it is so convenient being able to do them at home. I'd recommend her classes to everyone!!



Rebecca Jones



Hannah's yoga is perfect for beginners and more! She's an awesome instructor and her programmes are amazing value. She's also super friendly and lovely too!



Futureproof your employees wellbeing NOW

HS YOGA X YOU



**YOGA has improved my relationship with myself and
with others. This collaboration will help your
employees decompress and take time for themselves.
Everyone benefits.**

How to start your Yoga journey

Log into your account



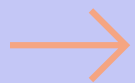
1/ Head over to
hannahsaundersyoga.com
2/ Click 'Log In' on the top right
hand corner

Click through to your Members Area



Listen to your body and decide
what type of session will serve you.
Choose from a yoga class, guided
meditation, strength session, learn
about a specific pose and much
more!

Share the LOVE



- Share your practise on Social Media, remembering to tag @hannahsaundersyoga
- Tell your friends & family about it
- Leave a Google Review

The future of HS YOGA x YOU

Our shared potential

Offering discounted Yoga Memberships to clients

As a way to encourage more people to incorporate Yoga into their daily lives, we could look at offering a discount to the clients you work with.

Collaborating together through Mindfulness Workshops

Educating your employees about looking after their Mental Health and Wellbeing. Hosting workshops on the HS Yoga Platform.

Exclusive content for YOU

Work together to create specific content for employees. Quick desk stretches, back to the present meditation etc.

Live Yoga Classes / Q&A

Classes hosted exclusively for YOU members. An open space to ask questions about Yoga, delve deeper and live adjustments.

Corporate Yoga Challenges

Encourage employees to take part in a challenge (30 days of Yoga etc) by offering rewards. Rewards could be winning a private yoga class with me, a free meal out etc.

Let's connect!

Don't be a stranger.

Connection is so important, and we have so many ways to reach out.

Follow me on any of the platforms on the right and feel free to drop me a message if you ever have any questions.

HS YOGA X YOU



Instagram
@hannahsaundersyoga



Facebook
@hannahsaundersyoga

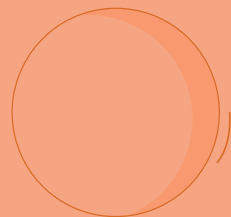


YouTube
Hannah Saunders



LinkedIn
Hannah Saunders Yoga





Contact Me

If you have any questions or suggestions about your Membership.



Phone Number

+447387656664



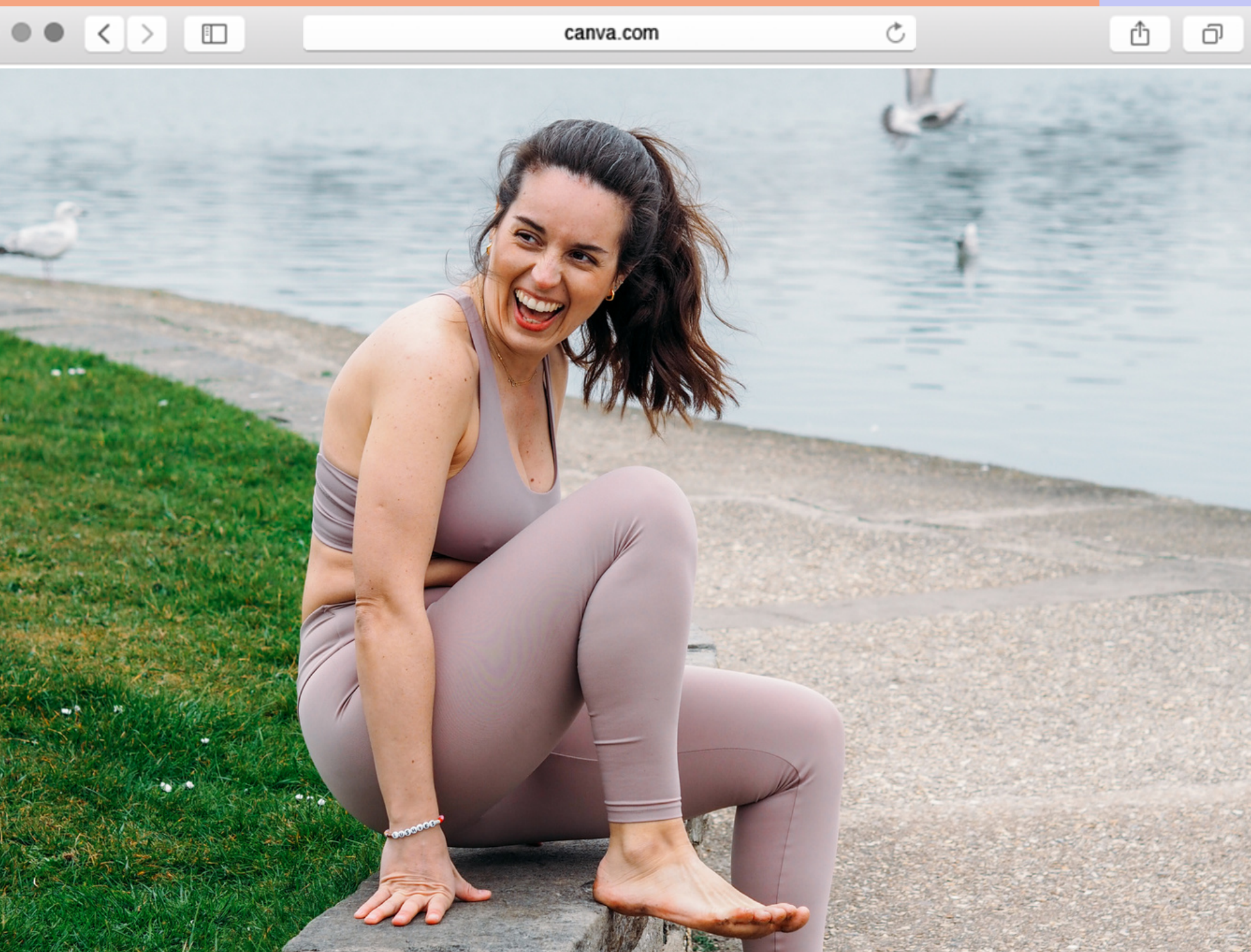
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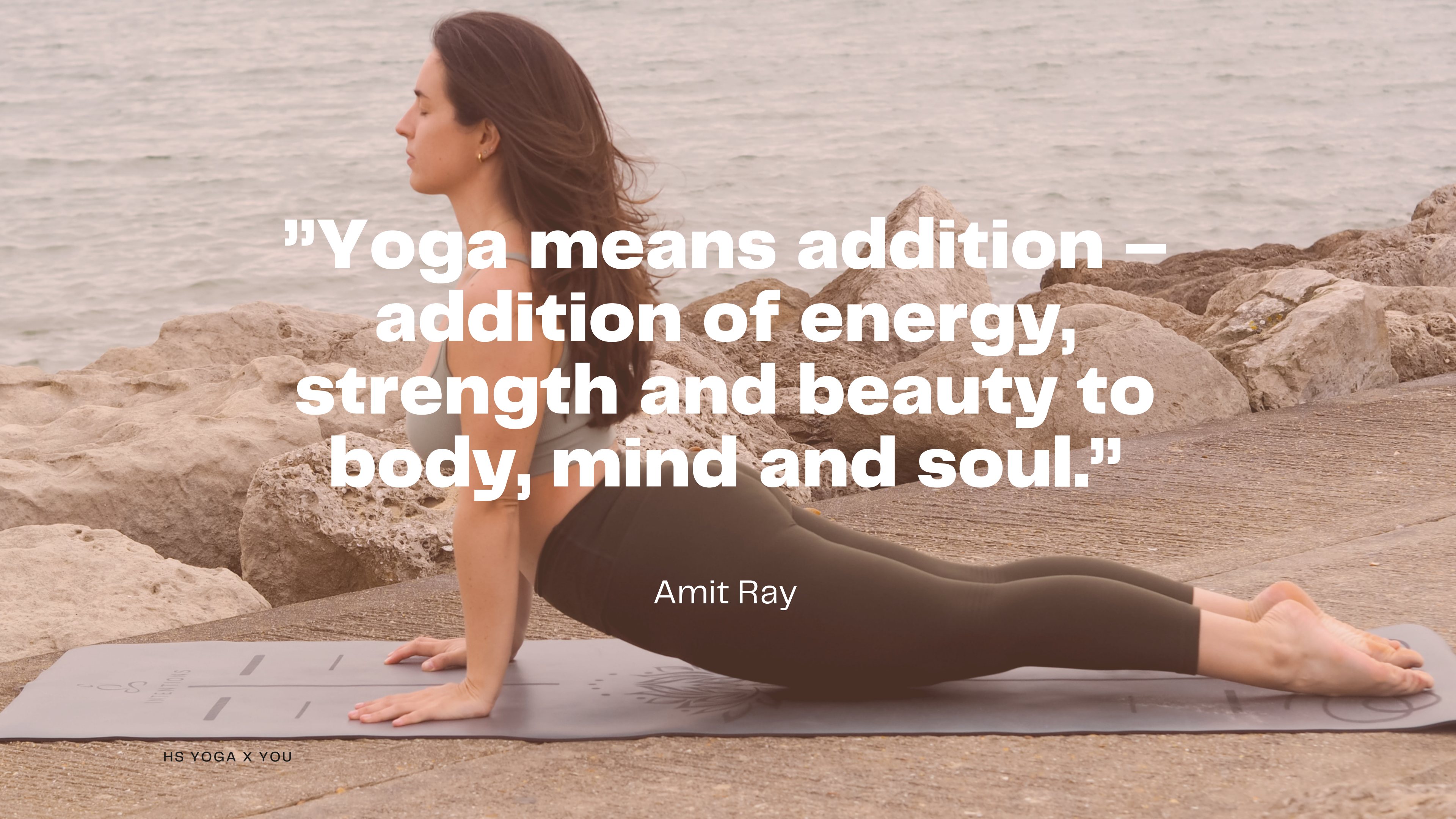
hannahsaundersyoga@gmail.com



Website

www.hannahsaundersyoga.com





**"Yoga means addition –
addition of energy,
strength and beauty to
body, mind and soul."**

Amit Ray