

A group of diverse people, including an older man in the foreground, are sitting on the floor in a Pilates studio. They are all smiling and clapping their hands, suggesting a positive and energetic atmosphere. The studio has large windows and a brick wall in the background.

YOUR SPACE PILATES

‘PILATE-EASE’

WELLNESS PROGRAM PROPOSAL - MARCH 2024

Your Space Pilates



Hi

I'm Marnie, a seasoned Physical Therapist with over 25 years of experience in the health industry.

Introducing "Pilate-Ease" – an exclusive onsite wellness program promoting mindful exercise, conscious breathwork & deeper connections for individuals, group cohesion & the overall working environment.

Geared towards boosting workplace energy, reducing stress & tension, enticing remote workers back & nurturing a culture of care & wellness.

Thank you for reviewing this proposal & I eagerly anticipate the opportunity for you to trial a course soon.

Marnie



‘Pilate-Ease’

The Pilate-Ease program focuses on somatic exercises, which involve mindful attention to thoughts, feelings & bodily sensations during movement. This enhances body awareness, addresses tension & discomfort & improves strength.

Through gradual release & specific breathing techniques, participants experience improved posture, movement & overall bodily function, leading to physical & emotional balance.



Breathwork

We utilize continuous & connected breathing techniques, promoting deep relaxation, enhanced oxygenation & heightened awareness. Conscious breathwork fosters a deeper mind-body connection, leading to increased self-awareness & inner harmony.

Community...

Pilate-Ease group classes facilitate connections among coworkers, fostering stronger relationships & a sense of belonging. Through mindful movement & breathwork, emotional well-being, empathy & effective communication are promoted. This collective inspiration enhances overall well-being & cultivates a positive work environment, motivating remote workers to consider returning to the workplace to benefit from these connections.



Wellness Program Investment

PROGRAMS

8 WEEK PROGRAM PRICING

- **Program 1 - Pilate-Ease 45 Flow:** company incentive program
45-minute weekly classes @ \$200 per class (max 20 participants) \$1,600
- **Program 2 - Express Pilate-Ease:** company incentive program
Two back to back 30-minute classes (60 minute total) @ \$250 per class (max 20 participants) \$2,000
- **Program 3 - 1-on-2 Personal Training:** company incentive program or employee payment
30-minute weekly session @ \$50 per person - 2 people sharing (min 4 participants) \$400 pp

Terms & Conditions:

Program 1: Pilate-Ease 45 Flow is a 45-minute class designed for a midday break, allowing ample time to unwind before returning to work.

Program 2: Express Pilate-Ease offers two consecutive 30-minute classes for flexible attendance, totaling 60 minutes. It suits either a quick desk break or a full 1-hour session. Participants can choose to attend one or both classes. Program 1 & 2 payment is directly invoiced to the company for seamless transactions, regardless of participant numbers.

Program 3: 1-on-2 Personal Training is a 30-minute private session directly with the instructor for two people. Minimum of two consecutive sessions (four people). In-house coordination & full payment for all programs are required before any program starts.

Programs run for 8 weeks & can host up to 20 participants, based on room capacity. Classes start & end punctually to minimize disruption to the work schedule. Late starts will reduce the duration of your session. Refunds or make-up sessions for missed classes are not offered, but participants can transfer their spot. Make-up classes will be added in case of instructor unavailability. Pricing covers instructor travel within a 10-kilometer radius of the YSP studio; additional charges may apply elsewhere & for parking if not allocated. Participants must bring their own mat for hygiene. Health concerns should be consulted with a healthcare provider & any injuries or restrictions should be communicated to the instructor before each session.

Next steps

As your wellness program coordinator, I'm thrilled to lead your community through an enriching Pilate-Ease experience, fostering lasting connections.

Ready to get started? We can begin classes within the month. There's no commitment beyond the initial 8-week course, so feel free to give it a try & let the experience speak for itself. If you decide to continue & integrate it into your corporate wellness program, the option is yours.

Reach out to book your trial program now & let's embark on this wellness journey together.



Contact

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