Yoga Masterclass

Learn about yoga's health benefits from the best in the business

For those interested in living a healthy, balanced life, our Yoga Masterclass is the perfect event to engage in.

Guests will have the chance to absorb the incredible knowledge of a top London yoga and nutrition teacher on topics such as health, wellbeing, yoga and nutrition all from the comfort of their own homes, or you can host the experience as a hybrid or socially distanced event.

The group will not only receive great insight into the health benefits of yoga and nutrition, they will also have the chance to participate in a live yoga session so they can experience first-hand the positive benefits.

Who knows - the session might even spark a new passion in some.

Available formats

Virtual   Hybrid   Socially distanced

Great for

Colleagues, customers, associates, suppliers and partners

Ideal for

- Training and motivation
- Brand engagement
- A healthy, happy workforce
- Internal comms

Price

from **£165** per person

Event Host

As one of London's top yoga and nutrition teachers, Julie Montagu has recently been named one of the Top 10 Holistic Health Icons in the world and is the author of three international best-selling books.

Julie's in depth knowledge of health, wellbeing and nutrition will make for a fascinating and varied session suitable for all.

MemMail

To personalise the experience for each individual guest, there's the option of enhancing your event with MemMail. We source, personalise, pack and send so you don't have to worry about a thing.

- Send your guests everything they need to take part, including a yoga mat and signed yoga book, in a branded and personalised event pack complete with a handwritten note

- Send a thoughtful gift and handwritten message via our MemMail service to let your guests know you're looking forward to seeing them or to say thank you for attending

Find out more

www.inconnection.com/ready_made

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