

WHAT'S ON OFFER

Corporate Packages

BALANCE
BRAIN
BODY

WITH FRANCESCA CORCORAN

WWW.BALANCEBRAINBODY.CO.UK





WELCOME

Balance Brain Body reduces stress, improves focus and leaves you feeling energised, no caffeine required.

Craft a balanced workplace culture with these blueprint packages, integrating yoga and neuroscience strategies for sustained well-being and productivity.

Francesca Corcoran

What's on offer?

NEURO-BOOST PACKAGE

£150 PER MONTH + APP ACCESS*

1 LIVE CLASS PER MONTH & APP ACCESS

One bespoke live desk yoga class per month (via Zoom) and full access to the Balance Brain Body app.

DESK PRO PACKAGE

£400 PER MONTH + APP ACCESS*

4 LIVE CLASSES PER MONTH & APP ACCESS

Four bespoke live desk yoga classes per month (via Zoom) and full access to the Balance Brain Body app.

COGNITIVE RESILIENCE PACKAGE

£300 PER MONTH + APP ACCESS*

1 IN-PERSON CLASS PER MONTH & APP ACCESS

One in-person desk yoga class per month (location dependant) and full access to the Balance Brain Body app.

MINDFUL PRODUCTIVITY PACKAGE

APP ONLY ACCESS*

APP ONLY ACCESS

Full access to Balance Brain Body app.

***APP ACCESS PRICING DEPENDS ON THE NUMBER OF MEMBERS
PLEASE SEE THE FOLLOWING PAGE**

*App access includes 3 live classes per week,
desk yoga videos and yoga challenges.
Available on Google Play & App Store.*





APP PRICING

25 members - £375 per month (£15 per person)
50 members - £700 per month (£14 per person)
100 members - £1300 per month (£13 per person)
250 members - £2,750 per month (£11 per person)
500 members - £2500 per month (£9 per person)
1000 members - £4,500 per month (£7 per person)
1500 members - £7,500 per month (£5 per person)
Summer Sale - Extra 15% off your first 6 months
(offer valid until July 2024 only)

3 month minimum term



FAQs

How long are the classes?

Bespoke live classes are 45 minutes (via Zoom) which slot into your work schedule all from the comfort of your desk. No additional equipment is required. Each session is recorded and saved for one month.

What's included in the app?

- 3 live group classes per week (evenings)
- 6 new desk yoga videos per month
- Access to a library of content (over 150 videos)
- 2 new on-demand yoga classes (mat-based)
- Community area to interact and request content

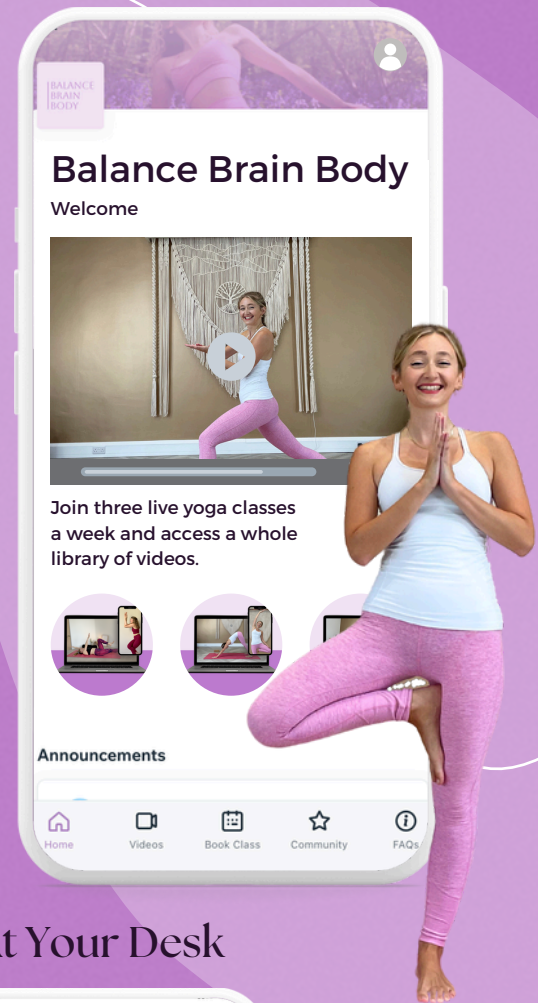
What is desk yoga?

Each live desk yoga class incorporates breath work, movement, functional neurology and meditation all accessible from your desk. Mostly seated with the occasional movement standing.

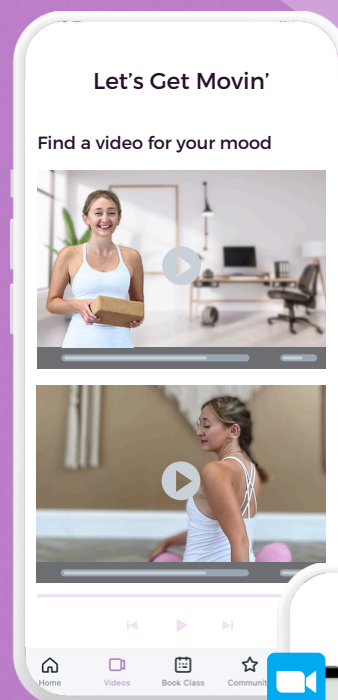
What do you mean by neuroscience?

Backed up by the latest resources and scientific papers, you can try a whole host of techniques that activate different areas of the brain. For example, how often are you using your full visual field? Using your eyes to their full extent will help you feel calmer and less stressed so you can be more productive and improve your overall wellbeing.

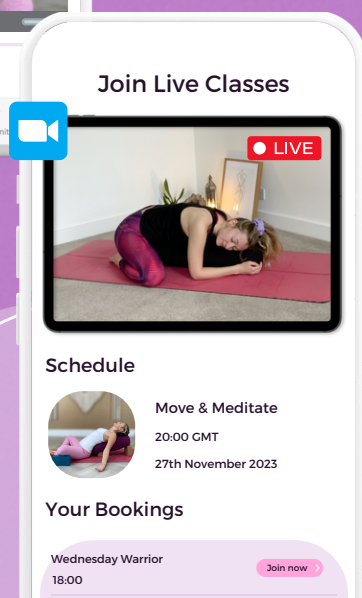
Feel Your Best



At Your Desk



And Beyond





OTHER

Searching for something unique?



One-off classes, events, retreat services and unique bundles are available. If you have something in mind, please contact Francesca with your requests.

hello@balancebrainbody.co.uk