THE PILATES HAVEN

Corporate Wellness Solutions





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WELCOME!

Thank you for considering The Pilates Haven as your corporate wellness partner.

We believe that healthy, energized employees are the foundation of a successful business. Our corporate Pilates programs are designed to improve physical wellbeing, reduce stress, enhance posture and mobility, and support a happier, more productive workplace.

Whether your goal is to invest in employee wellness, reduce workplace strain, or foster a culture that values health, our experienced instructors will tailor a program to meet the unique needs of your team.

We look forward to partnering with your organisation to create a healthier, stronger, and more engaged workforce.

Yours in wellness

Lauren



WHY WELLNESS?

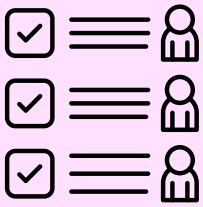
Wellness in the workplace has fast become something sought after as more and more research presents astounding results regarding the correlation between wellness programs and productivity in the workplace.

If you are interested in improving the overall health and wellbeing of your workforce, then you may consider incorporating a company-wide wellness program.

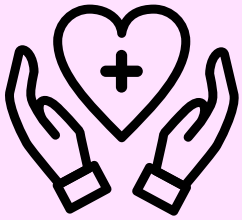
Continued wellness programs not only establish a culture focused on employee health, but also increase productivity, boost morale and increase teamwork.

Learning about some of the many benefits of wellness programs can help you to determine whether incorporating such a program is the right decision for your company.

THE BENEFITS



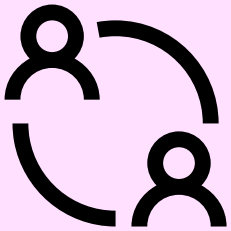
IMPROVES ATTENDANCE



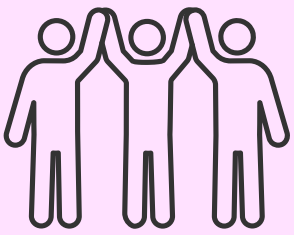
IMPROVES EMPLOYEE HEALTH



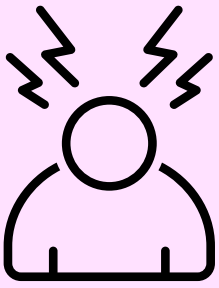
INCREASES PRODUCTIVITY



IMPROVES EMPLOYEE ENGAGEMENT



IMPROVES MORALE & TEAMWORK



REDUCE STRESS

WHY OUR STUDIO?

Here at The Pilates Haven, we really strive to provide our clients with the full wellness package - we are always learning and hungry for knowledge which is how we can provide such a wide variety of services.

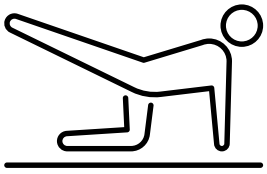
In all our Pilates classes we aim to work on strength, posture, releasing, re-activating and re-aligning the full body - muscle, fascia, mind and body - to ensure that our clients always walk out feeling longer, stronger, more relaxed and connected after every class.

Our bodies were created to move- technology and every day life has forced us to be stationary... we feel that bringing movement back into everyday life is essential in creating a happy and balanced lifestyle.

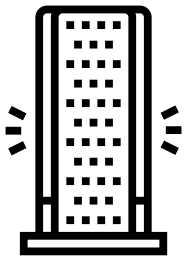
At The Pilates Haven our offering does not end with Pilates classes - we also offer a variety of complimentary services for Wellness days or as an addition to your Wellness package:

We are located within The Wellness Haven which is home to:

- The Pilates Haven - fully equipped studio catering for reformer groups, privates and matwork
- The Glow Room - premium red light therapy
- Elaine Erasmus Physiotherapy
- Worthy Woman Laser, Skincare and Aesthetics
- Thaby Wellness and Beauty - cavitation, IV drip therapy and more
- Thai Massage by Nam
- Rianca Fouche counselling psychologist
- Ozopod - Ozone therapy & EMS



Pilates



Red Light Therapy



Massage

WELLNESS OPTIONS

MATWORK PILATES CLASSES



STRETCH CLASSES



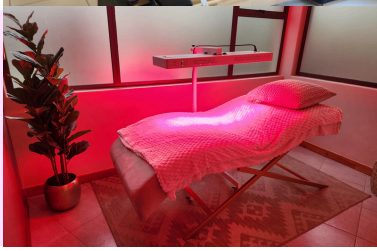
FASCIA BASED CLASSES
(EQUIPMENT NEEDED SO MAX 15 PEOPLE)



REFORMER PILATES CLASSES
(MAX 8 PEOPLE)



RED LIGHT THERAPY



CUSTOMIZED PACKAGE

Create your own Wellness Day from the services listed above, or ask us if there is something else that you would like - chances are, we have a contact

ABOUT THE PACKAGES

There are 2 main packages available - in person or online.

A hybrid option combining in person classes with online classes is also available.

To build a unique package that works for your company please contact Lauren to discuss.

Contact us

info@pilateshaven.co.za

ONLINE OPTION

No maximum participant amount.

Employees can do the class from office or home, wherever they have the space available.

No equipment needed - we may use everyday readily accessible objects such as a chair or towel as a prop.

Classes conducted live via zoom - recording option available for those that can't make the class but want to do it later

IN PERSON OPTION

At our studio in Garsfontein - max 8 people at a time for reformer or matwork.

Maximum capacity depends on space available.

Classes done at the office - space to be provided.

We will provide all equipment necessary.

WELLNESS DAYS & YEAR END FUNCTIONS

Create a wellness experience your team will actually enjoy. We can tailor Corporate Wellness Days, team experiences and year-end functions around your needs, schedule and budget.
Our offerings can include:

- Pilates & movement sessions
- Glow Room experiences
- Massage treatments
- IV drip therapy
- Relaxation & recovery experiences
- Additional wellness services on request

We can also bring in selected external wellness providers to create a complete, customised wellness experience for your team - all in one beautiful space.





Thank you

We know that you have many options of studios and wellness centre's and we thank you for your time and consideration.

Please let us know if you have any questions or if you'd like to discuss your pricing options.

We look forward to hearing from you and hope that we can work with you on your wellness journey.

Lauren & the team

