



# More energy at work

Online yoga, pilates, meditation and  
breathwork for employees

# Welcome

Today's working day asks for a lot of attention and energy. Many people spend a large part of their day behind a screen, constantly switching between tasks and dealing with a steady flow of information and stimuli.

Hybrid and remote work bring **new challenges**. The boundaries between work and private life become less clear, movement happens less naturally, and moments of rest and connection during the working day are no longer a given.

The effect is visible in many organisations. People experience more mental pressure, physical tension and lower energy. This affects focus, wellbeing, engagement and long-term employability.

## **That is why recovery is becoming increasingly important.**

When employees have enough space to recharge, they perform better and experience more joy, resilience and energy at work.

At De Nieuwe Yogaschool (DNYS), we believe wellbeing does not come from a one-off intervention. It grows when people regularly move, relax and step out of the daily stream of stimuli.

That is why we help organisations support employees in an accessible way during the working week, with **more energy, focus and recovery**. With our online membership, employees get access to more than 50 live sessions per week in yoga, pilates, meditation and breathwork.

This makes wellbeing a steady part of the working week. At home, at the office or on the go.

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# What employees get

At De Nieuwe Yogaschool, employees get daily access to a wide range of live sessions and 48-hour replay content through our app or online platform. From a breathwork session between two meetings to an energising Pilates or yoga class at the beginning or end of the working day. Employees choose what supports them that day, in a way that fits their energy, schedule and needs.

## Livestream membership

Number of employees	Price per employee	Discount
5 - 9	€27 per month	6.7%
10 - 24	€25 per month	13.8%
25 - 49	€23 per month	20.7%
50 - 100	€20 per month	31%
100+	Upon request	Upon request

## Livestream + studio membership

Number of employees	Price per employee	Discount
5 - 9	€79 per month	0%
10 - 24	€75 per month	5%
25 - 49	€72 per month	9.7%
50 - 100	Upon request	Upon request
100+	Upon request	Upon request

# Why organisations choose DNYS

## ○ Live and flexible

More than 50 live online sessions per week, available to replay for up to 48 hours.

## ○ Always current

Live sessions that move with the season, the energy of the day and what people may need in that moment.

## ○ Accessible for every employee

Classes taught in English, from yoga and pilates to meditation and breathwork. With options for different levels, ages and physical needs, employees can choose what suits them.

## ○ A wide range of classes

Whether someone exercises daily or is rolling out a yoga mat for the first time; needs more focus or simply a moment of rest: there is always a class that fits.

### → Mental resilience

For            More calm, focus and stress regulation  
Classes      Meditation, Yoga Nidra, Breathwork, Yin

### → Physical vitality

For            More mobility, strength and body awareness  
Classes      Vinyasa, Hatha, Pilates, Tai Chi

### → Recovery & relaxation

For            Deep relaxation and sustainable recovery  
Classes      Restorative Yoga, Healing Yoga, Yin

### → Mind-body balance

For            A stronger connection between body and mind  
Classes      Yin, Healing Yoga, Tai Chi

## ○ Easy to implement

No complex integrations or long onboarding processes. Employees can start right away through the app or browser.

## ○ More than a one-off intervention

Not a single workshop, but a recurring daily offer that helps employees make wellbeing part of their week.

## ○ Experience

Since 2013, our senior teachers have guided thousands of participants in yoga, meditation, breathwork and personal development.

## ○ Quality

Livestream sessions with high-quality video and sound, so it feels like you are right there in the studio.



# Why it works

## Lasting change starts with consistency

Many wellbeing initiatives consist of separate workshops, trainings or inspiration sessions. While these can be valuable, they do not always lead to lasting change.

Just as physical health is not built through one workout, mental and physical resilience grow through regular and consistent moments of movement, relaxation and recovery.

By giving wellbeing a fixed place in the working week, the step from good intentions to consistent behaviour becomes smaller. That regularity is the foundation for sustainable change.

## Based on modern insights into stress and recovery

Our offer is aligned with current insights into the nervous system, stress regulation and recovery.

When employees are under pressure for a long time without enough moments of recovery, this affects energy, concentration and resilience.

Movement, breathing and relaxation can help release tension and support recovery. That is why these elements form the foundation of our class offer.

## Join live online classes from the studio

Many digital wellbeing platforms mainly consist of a library of on-demand content.

Although flexibility is important, on-demand content can be easy to postpone. Live online classes create a fixed moment in the week and help people stay engaged. The combination of live guidance and replay makes the programme both flexible and accessible.

# Frequently asked questions

→ **We already have a gym membership or mindfulness app. What makes this different?**

Many existing solutions focus on one part of wellbeing. Our approach combines movement, relaxation and stress management, focus and recovery in one offer. Accessible, flexible and directly applicable within the work context.

→ **Is this accessible for all our employees?**

Yes, the offer has been developed for people with different backgrounds, levels and physical possibilities.

No experience is needed, and employees choose the classes that fit their needs and schedule.

→ **Does this also fit within a business environment?**

Yes. The working day asks a lot from people: focus, energy, flexibility and the ability to recover. Our classes support exactly that, in a way that is practical, accessible and easy to use.

That is why our programme is used by a wide range of organisations, from cultural institutions to larger companies and public organisations.

**LIVESTREAM**



MacBook Pro

# About De Nieuwe Yogaschool

De Nieuwe Yogaschool was founded in 2013 from the belief that wellbeing, awareness and personal development should be accessible to everyone.

What started as a yoga school in the heart of Amsterdam has grown into a leading centre for yoga, meditation, breathwork and professional training. From our studio, we offer daily live classes for participants in the Netherlands and abroad. We also train hundreds of professionals each year across a wide range of fields.

Our approach combines the wisdom of yoga and breathwork with modern insights into stress, recovery and the nervous system. Practical, accessible and deeply human. This combination forms the foundation of our online wellbeing programme for organisations.

## Trusted by organisations

De Nieuwe Yogaschool works with a wide range of organisations in the field of wellbeing, personal development and professional education.

Our programmes are used by cultural institutions, companies and public organisations, including the Van Gogh Museum, Defence and PwC.

**De Nieuwe Yogaschool**  
Laurierstraat 109, 1016 PL Amsterdam  
[www.denieuweyogaschool.nl](http://www.denieuweyogaschool.nl)



# Bring more energy into the working week

Looking for an accessible way to support energy,  
focus and recovery in your organisation?  
Leave your details and we will help you find the option  
that fits your team.

find the right option

Or scan the QR code.

