



GRIMALDI ALLIANCE

## YOGA FOR THE WELL-BEING OF GRIMALDI ALLIANCE PROFESSIONALS

At Grimaldi Alliance Treviso, we value the well-being of our team. To promote a healthier work environment, we are introducing a Ashtanga Vinyasa Yoga programme specifically designed to help our professionals manage stress and improve both their physical and mental well-being.

*A healthy mind is a professional's  
most powerful tool.*



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## WHY WELL-BEING MATTERS

The legal profession is notoriously demanding: long hours, constant pressure, and the need to make quick, critical decisions. Both body and mind are tested on a daily basis. That's why it's essential to find effective ways to manage stress and stay sharp.

*Our well-being is the foundation of our success.*



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## HOW YOGA BENEFITS PROFESSIONALS

Ashtanga Vinyasa Yoga enhances focus, boosts productivity, and reduces stress. It alleviates physical tension and supports emotional balance, helping people to thrive both professionally and personally.

*Balance your body, balance your mind,  
balance your practice.*

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## COURSE STRUCTURE

The course consists of ten weekly sessions of one hour each, scheduled for 7.15 p.m. Sessions will cover key areas such as posture improvement, breathing techniques for stress management, and meditation for deep relaxation. Classes are taught by certified instructor.

*Invest in yourself - one hour a week can make all the difference.*

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## FROM CHALLENGE TO PASSION: ENRICA'S STORY

**Enrica** began her Ashtanga Yoga journey in 2018 in search of harmony and physical well-being, which quickly grew into a deep passion for self-awareness and personal growth.

In 2021 she had to fight a serious illness during which yoga became a crucial resource for her healing. After overcoming this challenge, she sought to deepen her knowledge by travelling to India to study with various masters.

Upon her return to Italy, **Enrica** obtained her International Diploma as an Ashtanga Vinyasa Yoga recognized by Yoga Alliance. She is committed to sharing yoga's physical discipline and the inner strength it cultivates, inspiring others to connect with their body, breath, and inner self.





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*Healthy minds and bodies are the keys to our success.*