



CYNTHIA
CASAL

Corporate Wellness

*A Tailored Yoga & Mindfulness Programme
for Your Team*



Cynthia Casal

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IS THIS FOR YOU?

Who This Is For

Workplace wellness is not a one-size-fits-all solution, but the need for intentional pause is universal. Whether you lead a creative studio or a law firm, a remote team or a trading floor, the people doing the work are human first. This programme is designed for organisations that take that seriously.

- ◆ Leadership & Executive Teams , investing meaningfully in the people who drive your organisation
- ◆ HR & People and Culture , building a wellbeing initiative that actually gets used
- ◆ High-Pressure Environments , teams navigating intense quarters, deadlines or change
- ◆ Hybrid & Remote Teams , creating intentional moments of connection and reset
- ◆ Event & Wellness Days. A standout experience for conferences, team days or offsites
- ◆ Professional Services , law, finance and consulting where mental sharpness is non-negotiable

"The boardroom needs the mat more than it knows."

, Cynthia Casal

Why Workplace Wellness Matters

Mental health is now the leading cause of long-term workplace absence in Australia. One in five employees will experience a mental health condition this year¹, and the vast majority will show up to work anyway, functioning at a fraction of their capacity. The cost isn't just human. It's measurable.

Stress, burnout, and disengagement cost Australian businesses an estimated \$10.9 billion per year² in lost productivity, absenteeism, and staff turnover. And yet most workplace wellness initiatives remain an afterthought. A fruit bowl in the kitchen, a link to an EAP nobody uses.

The organisations that win the talent war and sustain high performance are the ones that treat wellbeing as a business strategy, not a benefit. Research shows that for every \$1 invested in effective workplace mental health action, organisations see an average return of \$2.30³, in productivity, reduced absenteeism, and staff retention.



What Your Organisation Gains

- ◆ Measurably reduced stress and anxiety , fewer sick days, lower burnout risk
- ◆ Sharper focus and decision-making from a calmer, more regulated nervous system
- ◆ Stronger team cohesion and psychological safety across departments
- ◆ Reduced physical tension and injury risk for desk-based and active teams
- ◆ Improved staff retention , people stay where they feel genuinely valued
- ◆ A visible, tangible commitment to mental health that attracts top talent
- ◆ Leadership teams that model and benefit from the same reset as their people

¹ ABS National Survey of Mental Health & Wellbeing, 2022 · ² PwC Australia / Heads Up, *Creating a Mentally Healthy Workplace*, 2014 · ³ PwC Australia / Heads Up, *Return on Investment Analysis*, 2014

What a Session Looks Like

Every corporate session is designed around your team's needs, schedule, and space. No prior yoga experience is required, Cynthia ensures every participant feels included and supported from the first breath to the last.

A Typical Session Includes

- ◆ Opening breathwork to transition from work mode into presence
- ◆ Guided movement sequence tailored to your team's level
- ◆ Modifications always offered for injuries or limitations
- ◆ Mindfulness and body awareness practices woven throughout
- ◆ Closing meditation or relaxation to seal the session
- ◆ Optional: post-session Q&A or wellness tips for the team

Logistics Made Easy

- ◆ Cynthia comes to you, office, rooftop, boardroom, or outdoor space
- ◆ All equipment provided or BYO mats welcome
- ◆ Sessions run 45, 60, or 90 minutes
- ◆ Morning, lunchtime, or end-of-day slots available
- ◆ Suitable for groups of 5 to 50+

About Cynthia Casal

Before teaching yoga, Cynthia spent nearly two decades working in the corporate world , alongside leaders and senior executives across media, tech, luxury retail, health, entertainment, and the arts. She knows the relentless pace, the mental load, the quiet cost of always being on. She has lived it.

It was her own experience of burnout that brought her to yoga, not as a trend, but as a necessity. What began as a personal practice became a calling. Today, Cynthia brings both worlds into the room: a sharp understanding of high-performance environments, and the tools to genuinely restore the people operating within them.

Known for her warm, grounded presence, she creates sessions that feel accessible to the complete beginner and genuinely challenging for the seasoned practitioner , often in the same room. Her approach blends physical movement with breathwork and mindfulness, leaving participants feeling both reset and ready.



Credentials & Experience

- ◆ 200hr Yoga Alliance Certified Teacher
- ◆ Specialisation in Vinyasa Flow, Breathwork & Meditation
- ◆ Nearly two decades in corporate environments across media, tech, luxury retail & the arts
- ◆ Corporate wellness sessions across multiple Sydney organisations
- ◆ Daily Vedic meditation practitioner , stillness as a leadership tool
- ◆ Provide First Aid (HLTAID011) , Current
- ◆ Fully insured , Professional Indemnity, Public & Products Liability (Aon Health Practitioners Combined Policy)

SIMPLE PROCESS

How It Works

01 Book a Free Consultation

A 15-minute call to understand your team size, goals, schedule and space. No commitment required.

02 We Tailor the Session

Every programme is designed around your people and culture. From the style of movement to the language used in the room.

03 We Come to You

Cynthia arrives at your office, rooftop or venue fully equipped and ready. Your team just shows up.



INVESTMENT

Choose Your Programme

All sessions are held at your chosen location across the Sydney metro area. Travel fees may apply beyond 10km from Bondi.

Single Workshop From \$300

60 min · 90 min from \$380

A standalone on-site session. Ideal for wellbeing days, stress awareness weeks, or simply giving your people an intentional pause. No prior yoga experience required.

BEST VALUE

Monthly Retainer \$1,000

4 sessions per month · 3-month minimum

Weekly on-site sessions that build real culture change. Teams that move together stay together, and having the same instructor every week makes all the difference.

Wellness Partnership Pricing on Enquiry

Annual commitment · Weekly sessions

A year of consistent, weekly yoga for your team. An annual commitment means genuine continuity. Your people build a real practice, and the results speak for themselves.

Pricing is based on groups up to 20 people. For larger groups or bespoke programmes, please enquire directly.

CLIENT EXPERIENCE

Kind Words

A team that breathes together, thrives together.



"I booked Cynthia for our October wellness month following an intense quarter, and the shift in the room was palpable. She led yoga classes at our Rokt offices several times and the reviews were glowing. Team members brand new to yoga and seasoned yogis alike felt challenged and inspired. That's not an easy balance to strike, but she does it so effortlessly. Couldn't recommend more highly."

Elina L., Rokt

Google Verified Review

ROKT



Let's Make It Happen

Whether you're looking for a one-off session to reward your team or a structured ongoing wellness programme, I'd love to create something tailored to your organisation.

The best workplace wellness programmes are the ones that actually happen, simple, accessible, and built around your people's real lives. That's exactly what I'm here to do.

To Get Started

- ◆ Email hello@cynthiacasal.com with your team size, preferred days, and location
- ◆ I'll respond within 24 hours with a tailored proposal
- ◆ We'll schedule a complimentary 15-minute call to align on your goals
- ◆ Your first session can be booked within the week