

# WORKPLACE WELLBEING

ON-SITE & ONLINE  
INFO & PRICES

WWW.TAKEABREATHERUK.COM  
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CLIENTS INCLUDE:





*Over 12.8 million working days are lost every year due to employees suffering from work-related stress, depression or anxiety.*



*Over 500,000 people in the UK feel ill as a result of their level of work-related stress.*

## WHAT'S ON OFFER?



*More than 1 in 10 people are thinking about leaving their job due to stress.*

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# WORKPLACE WELLBEING

## WHO ARE WE?

Take A Breather UK is an independent wellness business located in Greater Manchester; providing reflexology, massage and holistic therapy treatments on the water from a beautiful narrowboat in the Cheshire countryside. We also specialise in workplace wellbeing and provide mindfulness and calming practices and courses within schools across the North West.

Our professional mobile massage therapists, meditation teachers, yoga instructors and nutritional therapists are specialists in their field and bring everything they need to provide your in-office massage and wellbeing session.

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# W O R K P L A C E W E L L B E I N G

## S E A T E D A C U P R E S S U R E M A S S A G E

A rejuvenating treatment that is ideal for the workplace. Using a specially designed chair, our therapists use a combination of massage and acupressure techniques on the back, neck, shoulders, arms, hands and scalp. There is no need to undress and we do not use oils so employees can go straight back to work feeling refreshed and revitalised.



### HOURS

1 - 3 hours

3+ hours

### PRICE

£50.00 p/h

£45.00 p/h

All prices include VAT.

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# W O R K P L A C E W E L L B E I N G

## D E S K M A S S A G E

Our quick 'At Desk' revival massages are perfect when time is limited or it is difficult to get away from your desk. Our mobile massage therapists circulate around the office giving stress relieving massages at individuals' desks. These massages are flexible and convenient, making them a popular choice for wellbeing days and health awareness events in the workplace.



### **HOURS**

1 - 3 hours

3+ hours

### **PRICE**

£50.00 p/h

£45.00 p/h

All prices include VAT.

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# W O R K P L A C E W E L L B E I N G

## T A B L E T R E A T M E N T S

The perfect reward for hard working staff.  
These longer treatments last from 30 - 60 minutes on the massage table and can be performed with or without oils.

- Back, Neck & Shoulders
- Swedish Full Body Massage
- Signature Deep Tissue Massage
- Reflexology & Foot Massage



### HOURS

1 - 3 hours

3+ hours

### PRICE

£55.00 p/h

£50.00 p/h

All prices include VAT.

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# W O R K P L A C E W E L L B E I N G

## S E L F - R E F L E X O L O G Y S E S S I O N S

Gently working the reflex points of both feet or hands. Specific points are worked to stimulate organs, nerve endings and energy pathways to dissolve blockages causing ill health, low energy levels and stress. Our experienced reflexologists will provide self-reflexology sessions to show your staff how to work their own reflex points. Available online via Zoom and in-office.

Sessions can be split into key topics such as:

- Boosting the immune system.
- The digestive system: Getting things moving!
- Stress busting! Easing the mind.



### **HOURS**

45 minute session.

### **PRICE**

£50.00 p/s

All prices include VAT.

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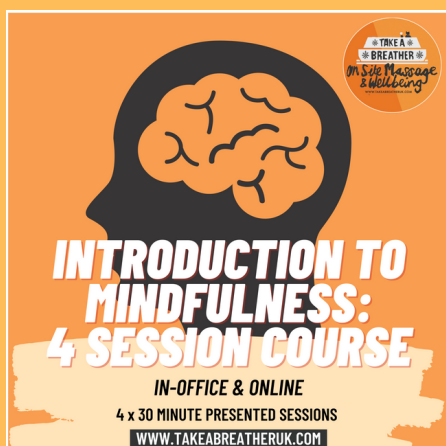


# W O R K P L A C E W E L L B E I N G

## 4 WEEK "INTRODUCTION TO MINDFULNESS" COURSE

Our 4 week "Introduction to Mindfulness" course explores both brain and mind over 4 x 30 minute engaging presentations delivered by our experienced Mindfulness in Schools (MiSP) project teachers. This course focuses on key topics such as stress, anxiety, sleep and food and incorporates meditation and calming techniques to achieve a basic understanding of mindfulness and how to be more mindful in day to day life.

*These sessions can be delivered to large groups both in-office (space depending) and online. It is recommended to have each session weekly or fortnightly.*



### HOURS

4 x 30 minute sessions.

### PRICE

£200.00 per course.

All prices include VAT.

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# W O R K P L A C E W E L L B E I N G

## M I N D F U L N E S S S E S S I O N S

Combining breathing techniques with a guided meditation helping to ground and relax, each session is tailored to suit the group and time of day. The therapist will talk through the meditation and help guide the thought process for the session. This can be used to help boost creativity and productivity by helping find free space in the mind, providing a sense of calm and clarity.

*These sessions work best in groups of up to 10 staff members per session in a private office or meeting room.*



### **HOURS**

Tailored 15, 20 & 30 minute sessions.

All prices include VAT.

### **PRICE**

£25.00 per session (fixed rate)





# W O R K P L A C E W E L L B E I N G

## Z O O M M I N D F U L N E S S S E S S I O N S

Our online mindfulness sessions hosted via Zoom are perfect for remote workers. Providing the same benefits as our in-office mindfulness experience, but from the comfort of your own home, or off-site workspace.

A great way to help create a healthy work-life balance whilst working remotely.

*These sessions work best in groups of up to 10 staff members per online session to allow staff to engage and communicate with the mindfulness therapist and each other should they wish.*



### **HOURS**

Tailored 15, 20 & 30 minute sessions.

All prices include VAT.

### **PRICE**

£25.00 per session (fixed rate)



# W O R K P L A C E W E L L B E I N G

## O F F I C E Y O G A

Yoga sessions are available for groups of up to 20 people and can be adapted to work in meeting rooms and office spaces, as well as outside during the summer months. Incorporating Hatha yoga with mindfulness techniques, these sessions are perfect for teams wanting to stretch out and unwind. 30 & 45 minute sessions available.



### HOURS

30 & 45 minute sessions.

All prices include VAT.

### PRICE

£50.00 per session (fixed rate)

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# W O R K P L A C E W E L L B E I N G

## Z O O M Y O G A

Online Yoga sessions are available for groups of up to 10 people. Our yoga sessions delivered via Zoom are specially adapted to work from the comfort of your own home or remote working space. Incorporating Hatha yoga with mindfulness techniques, these sessions are perfect for teams wanting to stretch out and unwind.  
30 & 40 minute sessions available.

### HOURS

30 & 40 minute tailored sessions.

### PRICE

£50.00 per session (fixed rate)

All prices include VAT.

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# W O R K P L A C E W E L L B E I N G

## L E A R N A N I N S T R U M E N T

Learning to play a musical instrument can enhance verbal memory, spatial reasoning and literacy skills. Playing an instrument makes you use both sides of your brain, which strengthens memory power. Our sister company, the "We Will Rock You Project" provides music lessons both online 1-1, and within office group settings. Learn popular songs on guitar, drums, keyboards and vocals. Whether it's team building workshops, or 1 - 1 remote lessons. We've got you covered!

*Group in-office rock band workshops allow up to 20 people, and include all instruments (drums, guitars, keyboards and vocals) Complete beginners welcome. Full day sessions are split between 6 x 45 minute sessions.*



### HOURS

1-1 Online Lessons (Guitar, Ukulele, Drums, Keyboards, Vocals)

Team building on-site music workshops.

All prices include VAT.

### PRICE

£25.00 per 40 minute session

£500.00 per full day workshop.

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# W O R K P L A C E W E L L B E I N G P R I C E S B R E A K D O W N

## SERVICE

## PRICE

Seated Acupressure Massage	£45-50 p/h
Desk Massage	£45-50 p/h
Table Treatments	£50 - 55 p/h
4 Part Mindfulness Course	£200.00 p/c
Mindfulness Sessions	£25 p/s
Yoga Sessions	£50 p/s
1 to 1 Nutrition	£35 p/s
Learn An Instrument 1-1	£25 p/s
Team Building Rock Band	£500.00 p/d
Workshops	

P / S = PER SESSION

P / H = PER HOUR

P / D = PER DAY

P / C = PER COURSE



# WORKPLACE WELLBEING MEET THE TEAM



**CHRIS MADDON**  
FOUNDER OF TAKE A BREATHER UK

Chris is a highly trained and experienced therapist and comes from a family of holistic practitioners. A friendly and welcoming guy who offers a wide selection of wellness treatments. Chris is also a trained Mindfulness in Schools Project (MiSP) teacher for both primary and high schools across Greater Manchester.



**JULIA KOVARI**  
FEDERATION OF HOLISTIC  
THERAPISTS

Professional, accurate, dynamic and friendly therapist with a wealth of experience in Remedial, Deep tissue and Sports massage. The essence of her massage is effectiveness and pain relief whilst providing a great, relaxing and refreshing treatment for her clients.



**SZYMON  
KOBYLARCZYK**  
BALENS POLICY NO:  
ZUR-STO/18/10/7

Specialising in sports, deep tissue and acupressure chair massage, Szymon's infectious can-do attitude, skill and love of fitness & wellbeing really lends itself to our on-site visits.



**CINTIA SPATARO**  
GUILD OF HOLISTIC  
THERAPISTS: 112590

Training to very high standards in the United States, Cintia has spent over a decade specialising in chair massage in Silicon Valley. Lending her friendly vibrant energy and talent to Apple and other large companies, she is certified in Swedish, sports, deep tissue, shiatsu and chair massage. Cintia is a highly valued member of the Take A Breather team with a varied background of experience.



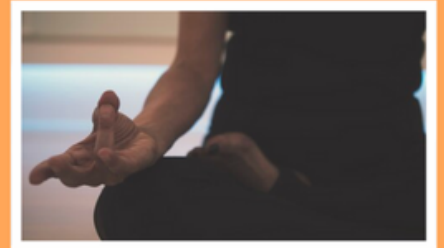
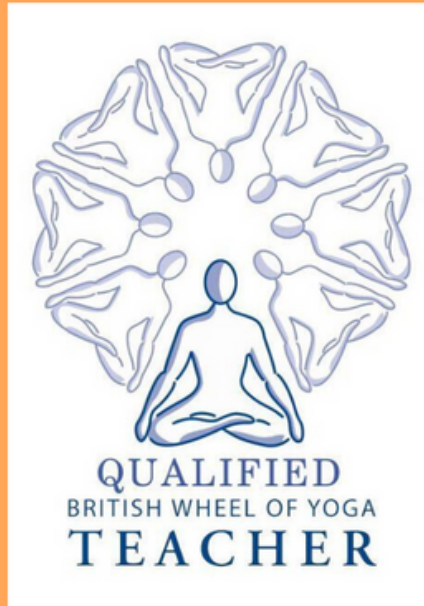
# WORKPLACE WELLBEING MEET THE TEAM



Sophia is a 200hr qualified yoga teacher, who predominantly teaches a blend of Ashtanga to build internal heat & stamina, Iyengar focusing on correct body alignment & Sivananda working with the breath & mind. In all of her classes she offers modifications & variations making them suitable for any level; from complete beginner through to seasoned yogi! "Yoga is the art of joining the mind, body and breath for a fully immersive experience". Sophia is also trained in Pregnancy Yoga, both pre and post natal.



# WORKPLACE WELLBEING MEET THE TEAM



Sarah has been practising yoga for over twenty years and has been privileged in that time to know and practise with a number of inspiring yoga teachers. Her belief is that yoga is for all, she teaches Hatha Yoga and is a member of The British Wheel of Yoga. Sarah teaches mindfully, guiding her students inside to develop awareness and connect with their breath. Classes are planned to balance asana/postures with breathing exercises, meditation and relaxation and designed to suit the workplace. "I feel yoga is a valuable tool to help combat the stressors of modern day living."





# W O R K P L A C E W E L L B E I N G A P P R E C I A T I O N



*"Take A Breather's desk massage went down a treat with our team. The therapists were non-intrusive and made everyone feel really at ease. It was a fantastic ten minutes of escapism and relaxation and we'll definitely be rebooking."*

Laura Swindels, Director



*"A fantastic service and so convenient to have you attend the workplace. Very professional and courteous and all our team found the session so relaxing and helpful. We can't wait for the next session!"*

Pete Cowden, NHS Pennine Care



*"McGoff Group welcomed Take A Breather into the business for stress awareness week. The staff are outstanding, the massages were incredible and the atmosphere they created was greatly relaxing. The feedback we got back from our staff was unbeatable and I speak for all of McGoff staff when I say I would highly recommend Chris and the team."*

*Take A Breather provided all equipment and set up very fast and effective. Equipment included relaxing music, a lovely scented aromatherapy diffuser and even the company of Chris' lovely little pooch Lola! (As we requested her to come along!) The team proved excellent time keeping, professionalism and shown a great deal of passion for what they do. I will defiantly be using this service again, highly recommend."*

Kiera Curley, Group HR Administrator



*"We booked Take a Breather in to raise awareness of the wellbeing benefits of Mindfulness, the aim to not only give our people the opportunity to try something new but to learn a skill to help them in both personal and work situations. The feedback from our people was excellent - Chris put everyone at ease explaining the science behind mindfulness, provided relevant examples and gave a refreshing mindfulness session to over 30 of us in small groups. We will be looking forward to seeing Chris again soon."*

Cheryl Holden, Director of People & Culture



*"I booked Take A Breather for our company's Black Friday event. I wanted to find creative ways of keeping our staff of 95 happy, engaged and relaxed. The reaction to the service was fantastic and everyone commented on how good the massages and how friendly the masseuses were. Would definitely book again"*

Ben Hiard, Campaign Manager

F O R M O R E T E S T I M O N I A L S P L E A S E  
V I S I T O U R W E B S I T E B E L O W

W W W . T A K E A B R E A T H E R U K . C O M  
H E L L O @ T A K E A B R E A T H E R U K . C O M