



Workplace Stress Management

Taught as a practical skill.

Practical, accessible sessions designed to help employees manage stress, reset during demanding workdays and leave with techniques they can use independently. Sessions combine meditation, breathwork and gentle movement. No previous experience, special clothing or belief system is required.

NO BELIEF REQUIRED

NO ATHLETICISM REQUIRED

NO PRIOR EXPERIENCE NEEDED

● CREDENTIALS

500-hour yoga teacher training — 200-hr Sivananda, 300-hr Goa Yogashala (India) · 50-hour Yin Yoga, Bernie Clark · Trauma-Sensitive Yoga (TCTSY) Foundational Training, Center for Trauma and Embodiment · APDA certified, Parkinson's movement instruction · CPR certified · Peace of the Rockies, fully insured · W-9 and COI on request

● SESSION FORMATS

Meditation and Breathwork

Autonomic stress regulation · 30, 45, or 60 minutes

A seated session that teaches employees how to downshift their nervous systems. Breath mechanics include abdominal breathing, extended exhale, three-part breath, and resonant exhale. Guided single-point focus meditation in 10-minute blocks, so it stays approachable for beginners. A brief look at the research behind each technique. Employees leave with two or three techniques they can use at a desk without anyone noticing.

Runs anywhere with chairs. No mats, no floor space, no change of clothes.

Good fit for: teams under deadline compression, post-incident or post-layoff periods, sales floors, teams that are visibly running hot.

Yin Yoga

Somatic tension release · 45, 60, or 75 minutes

Both chair and mat formats available. Nobody works hard, nobody sweats, and nothing is being trained toward. Each posture is held two to five minutes at mild to moderate sensation, with no muscular effort. Held that long, passive tissue gives: the resistance you feel at the start of a pose drops as the hold continues. Employees feel that unwinding as it happens, which is what makes the session an embodied experience rather than a talk about stress. The sequence targets the pattern desk work builds — locked hips, compressed low back, forward-drawn shoulders, gripped jaw, stiff and achy neck.

Modifications for every body in the room. Props and mats provided depending on group size.

Good fit for: anyone eight-plus hours seated, groups who have said no to “yoga” before.

The Combined Session

Yin into breathwork and meditation · 60, 75, or 90 minutes

The full arc, and the one I recommend when the schedule allows it. The body is unloaded first, then breath and attention land in tissue that is already relaxed.

Good fit for: offsites, quarterly wellness days, or a standing weekly slot where you want the practice to compound.

● PRICING

Single session, up to 60 minutes	\$175
75 or 90-minute session	\$250
Three 60-minute sessions, introductory	\$490

Reach out to schedule a brief call: andrew.donnell@peaceoftherockies.com