

YOGA, BREATHWORK, AND MINDFULNESS

PROGRAMS FOR TEAMS
LED BY AGI JENSEN



As an experienced yoga teacher, I support teams in regaining balance, focus, and resilience to stress. I offer practical tools for relaxation, body calming, and mindful meditation. These classes help employees better manage daily stress, foster mindfulness, and support their well-being.

Effects for the organization: greater focus, improved well-being, reduced stress levels, healthier work habits and a better team atmosphere.



Agi Jensen

I am a yoga teacher with over 20 years of experience. I teach individual, group, and corporate classes in Poland and abroad. For 15 years, I have been developing my own Agi Yoga Studio in Warsaw, where I teach at various levels – from postural yoga and breathing techniques to meditation and relaxation.

Starting in 2015, I have organized Yoga Camps and Yoga Retreats in Poland, Greece and Croatia, during which participants can deepen their practice, learn to consciously work with their body and mind, and regenerate in inspiring settings.

My goal is to teach yoga in a simple, practical, and accessible way for everyone – so that it supports the health, concentration, and well-being of participants, regardless of their experience.

Arun Yogi

Arun graduated from the Morarji Desai Institute in Delhi and the Bhartiya Vidya Bhawan, two renowned yoga teacher training centers. He also developed his path while traveling across India, practicing in various traditions.

Arun lived in Poland since 2022, where he teaches classes in Warsaw and co-creates programs for groups and companies. His presence brings the authentic energy and perspective of traditional yoga to the practice. Sessions with Arun are not just about exercises and breathing techniques—they are also an encounter with the culture and spirituality that are inextricably linked to yoga. This gives participants the unique opportunity to experience a practice led by a teacher, giving the classes a special depth and unique character.



Proposed class formats

Postural yoga

MOBILITY, STRENGTHENING,
RELAXATION
(45–60 MIN*)

Instructor:

Agi Jensen

Goal:

Counteracting the effects of sedentary work, reducing tension, improving posture, and energizing.

Process:

- Stretching and strengthening exercises adapted to the participants' level.
- Safe asana sequences supporting mobility and stability.
- Combining movement with breathing for better focus and regeneration.
- Conclude with deep relaxation.

* Time and intensity will be adjusted to the participants' schedule and profile.

Breathing and meditation session

(60–120 MIN*)

Instructor:

Agi Jensen

Goal:

Mental regeneration, calming down, and improving concentration.

Process:

- Preparation for a comfortable sitting position (on a mat or chair).
- Simple breathing techniques to support calmness and concentration.
- Guided meditation to quiet the mind and take a break from overstimulation.
- Integration and short tips for daily practice at work.

* Recommended 60–90 minutes; sessions up to 120 minutes are possible for special events.

Agi & Arun Duo

JOGA, ODDECH
I MEDYTACJA W PRAKTYCE
(OK. 120 MIN)

Instructors:

Agi Jensen and Arun Yogi

Goal:

A holistic experience combining various aspects of yoga – from the body, through the breath, to a deeper understanding of the practice.

Process:

- A brief introduction to yoga and its importance in modern life.
- Posture yoga classes adapted to the group level.
- A breathing session supporting concentration and stress reduction.
- Guided meditation and deep relaxation.
- Time for questions and exchange of experiences.

Outcomes:

A sense of peace and energy, team bonding, and inspiration to cultivate balance in daily life.

PRICE: from ... pln*

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Upon request, I can prepare sessions tailored to the expectations and characteristics of your team, such as:

- Individual sessions (e.g., for management).
- Regular in-office or online sessions.
- Short wellbeing lectures combined with mini-practices.
- Workshop packages for team-building trips.

* sample price thresholds; pricing depends on format, time, and group size. Package pricing is available for long-term contracts.

Organization



Location

in the client's office or online



Language of classes

Polish, English, Danish



Space

classes can be held in a conference room, open space or any other place – the program will be adapted to the conditions



Group size

I will flexibly adapt classes to any number of participants



Security

classes adapted to the level of participants, with modification options for various needs

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