

# Nice to **MEET YOU**

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**WE ARE BIKES AND BENDS**  
a wellness initiative for corporates.

We work with a dynamic range of Auckland businesses to create a healthier workplace.

This is facilitated through the delivery of YOGA: A physical and mental practice, and no, you don't have to be flexible to do it!

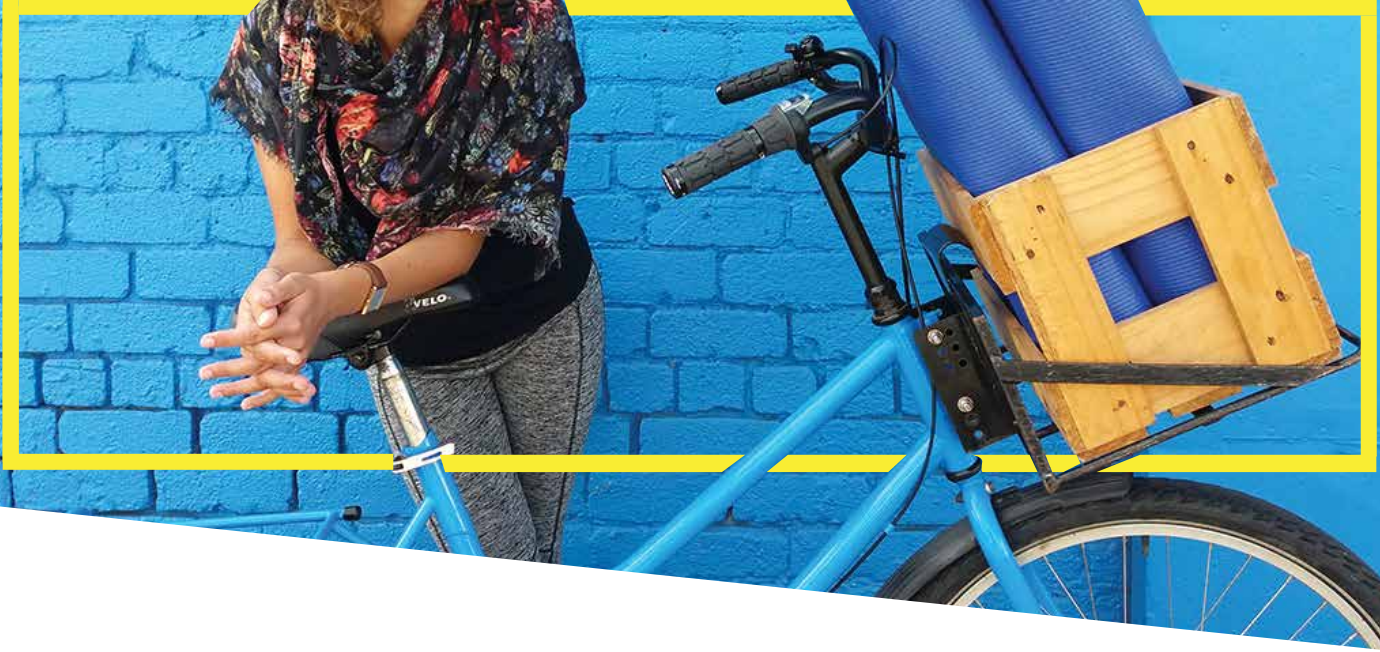
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**BIKES & BENDS**  
YOGA DELIVERY

Danica  
Co Founder & Yoga Teacher

Yoga  
DELIVERY



## COMING TO YOUR WORKPLACE

A regular yoga practice relieves physical tension particularly shoulders, neck and back strain. Move and flow in time with your breath, have a laugh with your colleagues and enjoy learning something new!

## THE BENEFITS.

*"Yoga has been proven to increase: strength, stamina, concentration and clarity"*

*The Yoga Journal Magazine*



BOOST'S MIND  
**POWER**



IMPROVES  
**ENERGY**



STRESS  
**RELIEF**



PROMOTES  
**PRODUCTIVITY**

*"Bikes & Bends (Teacher: Danica) leads a very warm, welcoming class suitable for beginners through to the pros. I always feel more energised and focussed for work after a yoga session"*

Jess – Panuku Development Auckland.

# Get your office Moving & Shaking



**Nick**  
Co Founder & Bike Enthusiast

## HERE'S OUR SUGGESTED PACKAGE

**12**  
PEOPLE  
MAXIMUM

**50**  
MINUTE  
CLASS

**06**  
WEEK  
COMMITMENT

\*This can be tailored to suit you!

### DOING — GREAT THINGS

#### Your funds help us do great things in the community.

A percentage of our profits are donated to The Mental Health Foundation and Sustainable Coastlines. Please visit our website or social media platforms for our latest movements.



#### Contact.

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#### Proudly supporting

