

AMANDA PENALVER



TRUE REST  
MEDITATION



CORPORATE WORKSHOPS & WELLBEING SESSIONS

# CORPORATE WELLBEING

More & more companies are recognising the benefits of stress reduction programmes for their employees.

Some of the benefits include:

**Increased employee productivity**  
**Decreased stress and anxiety in the workplace**  
**Reduced absenteeism and staff turnover**  
**Improved employee health and wellbeing**  
**Better work/life balance**  
**Increased morale & enjoyment of work**

I can tailor a bespoke corporate package to suit the particular needs of your team or you can choose from my popular workshops & wellness sessions below.

If you are considering introducing a well-being programme at your workplace, please [contact me](#) for further information.

# SIMPLE SOMATICS FOR STRESS MANAGEMENT

Zoom or in-person | 90 minutes



When our nervous system is dysregulated, we can feel overwhelmed, stressed, anxious, unmotivated, lethargic, irritable, reactive, unable to focus, indecisive and less able to relate to others in healthy ways. Conversely, when our nervous system is relaxed, our brain functions at a higher level, we are more responsive, make better decisions, think more sharply, have more energy, better relationships and access to greater creativity, insight and perspective. In this experiential workshop we will practice some simple, quick & effective somatic techniques to help regulate the nervous system, stay calm under pressure and respond to the inevitable stresses of life with greater self-command and emotional balance.

Your team will learn:

**Self-regulation & why it matters**

**To recognise symptoms of dysregulation**

**Simple somatic exercises for greater self-command**

**Breathing techniques to calm the nervous system**

**Simple mindfulness for greater self-awareness**

Suitable for all levels | No experience required

# POWER NAPPING TO BOOST PRODUCTIVITY & CREATIVITY

A Win-Win Solution for Employers & Employees

Zoom or in-person | 90 minutes



In this workshop, you will learn the overwhelming scientific evidence proving that this simple yet powerful resource leads to happier, healthier staff and increased productivity. It's no wonder that more and more companies like Google, Apple, NASA & Samsung are actively encouraging employees to take short naps during office hours! This workshop includes a guided power nap so you can experience the benefits first-hand.

Your team will learn:

**The history of napping & why it's an entirely natural thing for us humans to do**

**The devastating effects of fatigue & how napping can help**

**The incredible benefits of napping and the latest scientific research**

**How to overcome the afternoon slump**

**To dispel common obstacles and outdated beliefs about napping**

**How and when to nap**

**The value of a lifelong napping practice**

**Answers to frequently asked questions about napping**

Suitable for all levels | No experience required

# WELLNESS AT WORK

Zoom or in-person | 60-90 minutes



This experiential workshop is full of practical tips to improve & maintain your physical & mental health at work and in daily life. These simple techniques will empower you to take better care of yourself, be more present, & respond to challenging situations with greater ease. The session includes a 'chocolate' meditation and time for questions & answers.

Your team will learn:

**Desk yoga to improve focus & energy**

**Breath work to calm anxiety**

**Nervous system regulation**

**Power napping to boost alertness & productivity**

**Other easy practices for a happier & healthier work life!**

Suitable for all levels | No experience required



# PEACE, CALM & CHOCOLATE WELLNESS SESSION

Zoom or in-person | 90-120 minutes



Peace, Calm & Chocolate! You are warmly invited to join your fellow team members for this nurturing treat for mind & body. Together we will enjoy some gentle stretching, deep breathing, energizing body tapping, guided relaxation & a chocolate meditation! This time of self-care will leave you feeling rested, renewed, and ready to face the world again.

Benefits for your team:

**Ease Stress & Anxiety**

**Calm a busy mind**

**Aid Restful Sleep**

**Soothe the nervous system**

**Release physical, mental, & emotional tension**

**Discover a greater sense of peace, ease, & well-being**

Suitable for all levels | No experience required

# TRUE REST® MEDITATION

Zoom or in-person | 60 minutes



True Rest® is a deeply relaxing, highly restorative guided meditation that helps us discover a greater sense of peace, ease, and well-being in our daily lives. Based on the ancient practice of Yoga Nidra, True Rest® is a time of self-care that encourages a profound release of physical, mental, and emotional tension.

Benefits for your team:

**Ease stress & anxiety**

**Aid restful sleep**

**Decrease negative habits & reactivity**

**Boost energy, productivity & confidence**

**Encourage creativity**

**Learn the power of NSDR (Non-Sleep-Deep-Rest)**

Suitable for all levels | No experience required

# TRUE REST® YOGA

Zoom or in-person | 60 minutes



This relaxing class of gentle stretches encourages proper breathing, flexibility, strength & vitality in the body while calming the mind. The class ends with a deeply relaxing True Rest® meditation.

Some of the scientifically proven benefits of Yoga include: stress & anxiety reduction; greater nervous system resilience; improved flexibility; supports weight management; builds strength; increases muscle tone & definition; supports joint health; prevents back pain; encourages proper breathing; fosters mental calmness

Benefits for your team:

**Release of physical, mental & emotional tension**

**Ease stress & anxiety**

**Learn proper breathing**

**Greater mental calmness**

**Increase of muscle tone & definition**

**Improved flexibility**

**Aids joint health**

Suitable for all levels | No experience required

# CONSCIOUS DANCE FOR STRESS MANAGEMENT

Zoom or in-person | 60-75 minutes



Dancing can be one of the best ways to release stress, soothe emotions, exercise the body, switch off from the thinking mind & have some fun. This is not a dance 'class' where you learn or follow specific steps or moves, but a non-judgemental space where we dance like nobody's watching. Free, expressive, mindful dance can help us to rediscover our innate joy & ease of being. The dance is followed by a deeply relaxing True Rest meditation where we open to insight, clarity, peace & stillness. Your team will feel recharged, refreshed, rejuvenated & rested. I am a qualified EAD® teacher, a powerful, transformative method that restores our natural state of well-being & brings healing to our lives through dance.

Benefits for your team:

**Exercise the body**

**Ease stress**

**Release challenging emotions**

**Calm the mind**

**Develop greater awareness of the body**

**Deep relaxation**

**Foster a sense of connection & fun**

Suitable for all levels | No experience required



## MEET YOUR TEACHER



### AMANDA PENALVER

Amanda is a meditation teacher and founder of True Rest®. Her work is devoted to challenging, inspiring, and motivating you to live a more growth-full, rich, and deeply fulfilling life. True Rest is a unique style of meditation that has evolved over 30 years of practice, study, and teaching. Amanda offers corporate classes, workshops and guided meditations to uplift, restore, replenish, and re-energize your team to live and work on purpose, fully awake, fully embodied, and deeply connected.

## REFERENCES

*“Thank you so much for such a brilliant session last week. I am delighted to say that we converted the cynics, and everyone really enjoyed it!”*

Rachel Townend, Chief of Staff, Illuminate Financial Ltd

*“I would highly recommend Amanda for her meditation workshops and corporate events. She is well versed in working with Luxury brands, working externally and internally and is an expert in her field”.*

Lizzie Liebenhals, CEO Halls & Halls

*“We have had overwhelmingly positive feedback from the staff who attended the wellness session”*

Teresa O’Farrell, Spa Director, Coworth Park

*“Thank you very much for the session yesterday. It was very positively received and the staff who attended enjoyed and found it extremely beneficial”.*

Gareth Price, Investor Relations, LondonMetric Property PLC

*“Of course, there are loads of meditation yoga teachers around. But Amanda is special. I have been a practitioner for over 30 years and have taken classes all over the world. She is unique in what she offers her corporate clients. She has pioneered and patented her own form of incredibly relaxing yoga and meditation practice. Her voice has an immediate calming effect and her gentle and encouraging approach are a true antidote to the stresses of modern life”.*

Heather Kirkup, Career & Executive Coach

*"Amanda's meditations are a godsend"*

Prof Greg Clark CBE, London

*"I learned so much! I wish this course was required for all human beings"*

Bekah Johnson, Minneapolis