

# VITAE-VI

STRONGER | HAPPIER | HEALTHIER

**Bespoke, Corporate & Private Wellbeing**

Resilience | Positive Morale | Focus | Productivity

# Welcome

Hi, we are Karyn and Dan, co-founders of well-being brand Vitae Vi (Latin translation of "Life Force") and qualified instructors in the Wim Hof Method & Oxygen Advantage, and have both been involved in coaching & training for many years.

**Corporate well-being and staff retention is becoming more important for employers, so throughout this brochure we have outlined the various classes and workshops we offer to promote well-being across your team.**

We invite you and your team to immerse yourself and thrive in the many health and wellbeing benefits we offer at Vitae Vi, safe in the knowledge that we only coach and provide methods we truly believe in and practice ourselves.

Science suggests that those who practice well-being activities such as breathwork and cold exposure regularly, are 29% less likely to take time off work with sickness.

You will find that investment in your team through our classes and workshops that give them some practical tools to look after themselves, both in and outside the workplace, pays back quickly!

**We look forward to working with you!**

**Karyn & Dan**



**WIM HOF METHOD**  
CERTIFIED INSTRUCTOR



**OXYGEN**  
**ADVANTAGE**  
CERTIFIED INSTRUCTOR

All our workshops, classes & courses are provided in a safe, engaging, inspiring and healthy setting, accessible to all, although some medical conditions are not suitable for Wim Hof Method activities. Please get in touch to discuss.



# Why choose Vitae Vi?

## We understand the pressure

Coming from corporate backgrounds, we both completely understand the pressure that business directors, managers and the workforce are under.

Investment in some simple yet highly effective well-being techniques will result in a stronger, happier and healthier workforce, which flows both upwards and downwards through an organisation; **less sickness, greater resilience, more engagement, increased motivation and improved profitability.**

## The benefits of wellbeing in the workplace

**We all want success in our personal and professional lives, however, with the many stresses and distractions of modern life, it can be very difficult to achieve our full potential.**

With some easily followed techniques, we can teach the body and mind to hit peak performance and a state of flow; clearing the mind, removing unhelpful dialogue, mind-chatter and opening up a world of heightened concentration and the ability to **really** focus.

## The programme in practice

**In practice, we've seen and believe the best wellbeing programmes are the ones that make each and every person feel like a valued individual and important member of the team, rather than emailing out a link to a Well-being app and expecting that to be the answer!**

By delivering our training on-site, at an away day or as part of a corporate team building event, usually during the working day, Vitae Vi have found staff engagement and enthusiasm to be extremely high.

## Hands on experience

We have been involved in presenting, coaching & training for many years in different environments, countries and to diverse audiences. Dan, is a qualified Wim Hof Instructor and both are Oxygen Advantage Certified Instructors.

Our workshops and masterclasses are great fun, engaging and interactive. We will provide the tools for your employees to use whilst at work and to take away and practice the simple methods we coach at home; helping them to manage stress, anxiety, prepare for meetings and presentations, maintain focus & attention, become better motivated, increase productivity, manage their own general health, whilst getting better quality sleep.

All of which drives towards a stronger, happier & healthier workforce. We have a number of approaches that are sure to engage your workforce and ignite the Vitae Vi ('Life Force') within.

## Your teams will thank you for it!

It's not all about workforce, however, all our workshops are easily translated to help busy individuals, families, and friendship groups find their inner power!

## Hands on, in person, real humans, not an app.





# Sunriser

We've all arrived at a business training day, seminar or workshop to a room of people we don't know, not talking and doing our best not to make eye contact – sound familiar?

The sunriser is a short, punchy, fun & engaging morning session designed to get the blood pumping, the brain working and the endorphins flowing, using movement, breathwork and flow.

An ideal way to get that team spirit, open up early communication and create a positive vibe before a workshop. The perfect way to get off to a good start.

## Workshop outline:

This 1 hour session, which combined with one of our other workshops, uses a range of techniques to get participants ready for the day ahead.

Using movement suitable for all ages and abilities, breathwork techniques to heighten awareness and brain function and bring a sense of readiness for the day ahead, plus some interactive exercises to break the ice.

## The benefits include...

- ✓ A great ice breaker
- ✓ Greater focus and attention
- ✓ Fun and laughter guaranteed
- ✓ Encourages communication & team spirit

## Details:

Suitable for up to 15 people

Each workshop is a duration of up to 1 hour

## For more details:

We are happy to help, please get in touch with us [here](#).





# Wim Hof Method Fundamentals Workshops

**Creating stronger, happier & healthier teams!**

The Wim Hof Method is a simply followed, natural path to an optimal state of mind & body, all backed by science. It harnesses the full extent of the natural elements our bodies have had to use to survive, namely the breath & the cold.

The Wim Hof Method trains the nervous, cardio-vascular and immune system to become more robust, better prepared and provides 'life force' energy and natural systems balance to enable you to tackle the stresses of daily life, whatever they may be – emotional, physical or physiological.



## The benefits include...

- ✓ Improved and optimised immune system
- ✓ Increased energy levels & self-confidence
- ✓ Heightened focus and concentration
- ✓ Reduced stress, anxiety and depression
- ✓ Improved sleep
- ✓ Lower resting heart rate
- ✓ Enhanced endurance and faster recovery
- ✓ Greater cold tolerance, and many more!

## Details:

Suitable for up to 15 people

AM & PM back-to-back sessions available

Duration of up to 4 hours

## For more details:

Please visit our website for more information.

[www.vitaevi.co.uk/wim-hof-method](http://www.vitaevi.co.uk/wim-hof-method)

## Workshop outline:

Our half-day workshops include sessions on safety, breathwork, mindset & commitment, and cold exposure.

There are fun group exercises, interactivity and periods of pure bliss in the peace of your own mind.

This workshop has been described by many as fun, engaging, inspiring and challenging in equal measure.



**WIM HOF METHOD**  
CERTIFIED INSTRUCTOR

# Breathwork for Anxiety, Stress & Performance

**This workshop will give your team the edge!**

There are many forms of breathwork that have different benefits. In this session we focus specifically on those that positively impact performance at work, particularly at times of stress or overwhelm.

During this session we experiment with different breathwork techniques to help downregulate in those moments of anxiety and high stress, enabling individuals to convert them into periods of high performance, concentration and clarity.

## Workshop outline:

This 3 hour session covers a range of techniques and strategies to break down stress and anxiety and actively turn them into moments of opportunity. Understanding what is happening to the nervous system, why and what controls you can activate when required.

Like our other workshops, this is a very practical and interactive session with lots of group activity. The things learnt can be drawn upon in those key moments of business – making a pitch, presenting to large groups of people, keynote speaking, difficult negotiation and communicating key messages – or when required to make a critical decision.



## Details:

Suitable for up to 15 people

AM & PM back-to-back sessions available

Duration of up to 3 hours

## For more details:

We are happy to help, please get in touch with us [here](#).

## The benefits include...

- ✓ Fast stress reduction
- ✓ Heightened focus
- ✓ Improved concentration
- ✓ Increased energy
- ✓ Improved decision-making
- ✓ Greater performance
- ✓ Enhanced communication skills



# Functional Breathing Masterclass

**This session will be life-changing!**

Functional breathing refers to the practice of using the respiratory system efficiently and effectively to support overall health and well-being in day-to-day life.

It involves breathing techniques and exercises that focus on optimizing the mechanics of breathing to improve oxygenation, reduce stress, and enhance physical and mental performance.

Overall, functional breathing aims to cultivate a more conscious and efficient relationship with the breath, enabling individuals to harness its potential for better health, performance, and overall well-being.

## Workshop outline:

**This half-day workshop which is more suited to corporate well-being programmes, covers the basic mechanics of breathing well to promote energy, brain function, stress management and rest.**

It's a very practical session with lots of group activities and functional breathing exercises. The things learnt can be taken away and applied in all aspects of daily life.



## Details:

Suitable for up to 15 people

AM & PM back-to-back sessions available

Duration of up to 4 hours

## For more details:

We are happy to help, please get in touch with us [here](#).

## The benefits include...

- ✓ Reduced stress & anxiety
- ✓ Improved sleep quality
- ✓ Increased energy
- ✓ Greater focus & concentration
- ✓ Balanced mood
- ✓ Improved resilience & mental strength

# Atomic Focus

**Atomic Focus will put you at the top of your game!**

**You don't need to be sat on a yoga mat to notice how you breathe! Only taught by certified Oxygen Advantage Instructors, Atomic Focus harnesses the true power of your brain.**

You will learn to develop stress resilience, learn how to get greater focus, change your mental and physical state, improve the ability to concentrate, boost your attention span, and develop a skill to focus.

## Workshop outline:

**This 4 hour workshop looks at simple techniques and strategies to help give you the Atomic Focus you need.**

Breathing techniques to get you in the zone, feeling calm but highly focused, when highly stressed and finding the flow state. Lots of practical sessions, lots of interactivity and lots of techniques to help you gain the edge.

## The benefits include...

- ✓ Heightened focus
- ✓ Highly developed concentration
- ✓ Greater cognitive function & flexibility
- ✓ Control of emotion and anger
- ✓ Engaging positive stress
- ✓ Improved decision-making
- ✓ Enhanced communication skills

## Details:

Suitable for up to 15 people

AM & PM back-to-back sessions available

Duration of up to 4 hours

## For more details:

We are happy to help, please get in touch with us [here](#).





# Reflexology & Breathwork

Reflexology is a non-invasive massage type technique that applies pressure to your feet but effectively treats the body as a whole. The treatment has very few contraindications making it appropriate for most people.

Our 1-to-1 treatments aim to bring about a state of total relaxation and support the body's own healing process by working in a similar way to acupressure and acupuncture.

## Workshop outline:

At Vitae Vi we offer the opportunity to experience a unique guided breathing session followed by a reflexology treatment. Fully engaged breathing will help activate the nervous system overriding the fight or flight, freeze response.

Additionally, the rhythmic flow of the breath gently pumps the lymphatic system, helping to move lymphic fluid, improve the immune system and encourage a state of deep relaxation.

The treatment progresses by working over the 7000+ nerve endings and reflex points in the feet in a systematic way to encourage the release of any blocked energy pathways.

Allowing the energy to flow freely aims to restore balance to the body.



## The benefits include...

- ✓ Improved & maintained homeostasis balance
- ✓ Reduced inflammation
- ✓ Improved lymphatic drainage
- ✓ Elimination of toxins
- ✓ Enhanced natural defenses & immunity
- ✓ Calmer nervous system
- ✓ Beneficial for anxiety, depression & mental health conditions

## Details:

Suitable for up to 6 people in individual sessions  
1 hour per person to include health consultation

## For more details:

We are happy to help, please get in touch with us [here](#).

# Sundowner

The perfect end to the day, this short session, suitable for all, enables the participants to fully wind down before a restful night of sleep, so they feel energized and good to go for the following day.

The sundowner is ideal as a session between away days where a night stay is part of the programme.

## Workshop outline:

Largely based around a form of (very easy) meditation, mindfulness and breathwork this session is a beautiful way to end the day.

After a period of reflection, mindfulness and gratitude, the breathwork encourages all the body systems to wind down and promotes a truly great night's sleep, which these days many of us struggle with.

This session is suitable for everyone, even those who have previously resisted have found the programme extremely beneficial.

## The benefits include...

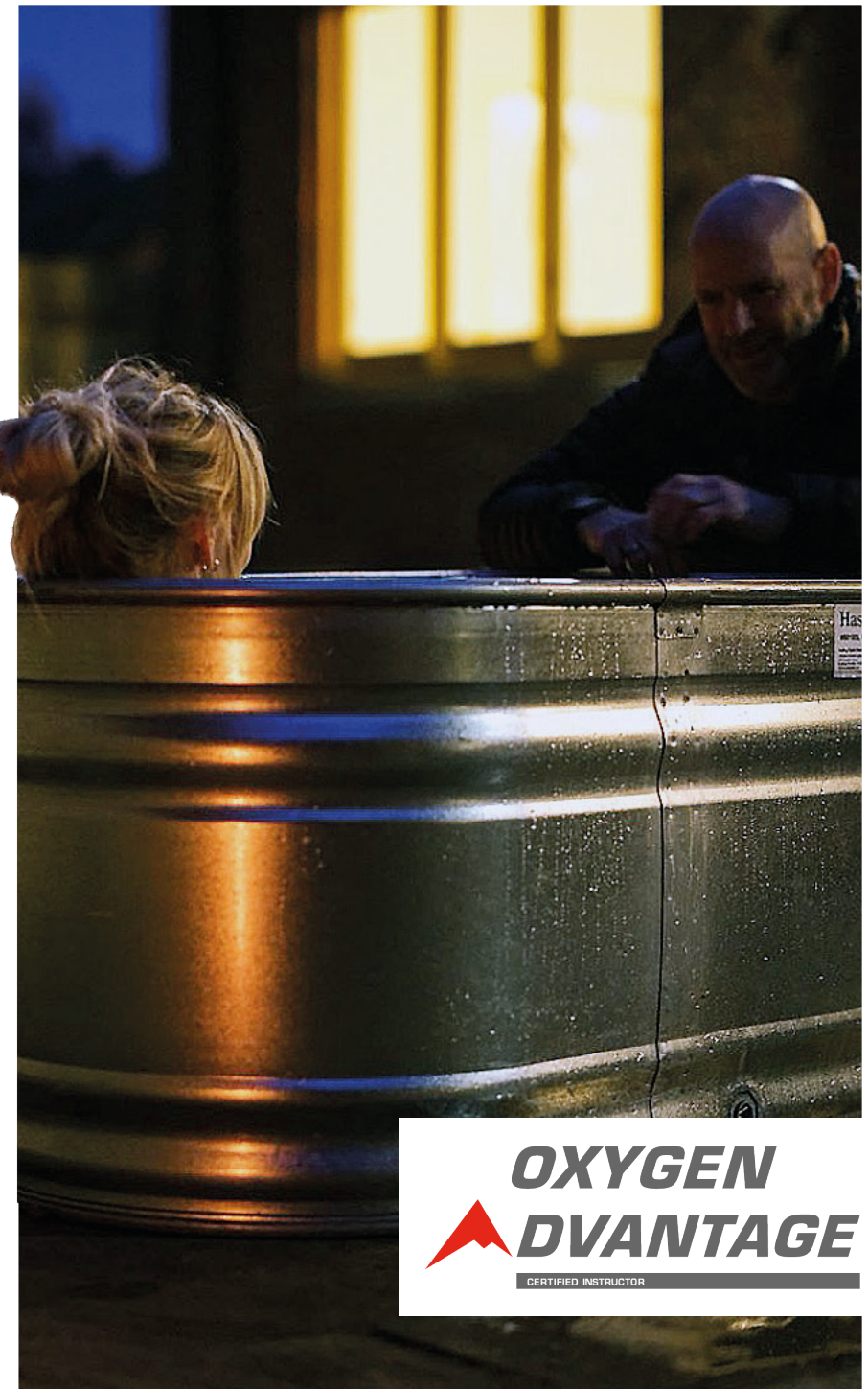
- ✓ Total wind-down at the end of the day
- ✓ Encourages reflection on the day and key learnings
- ✓ A sense of gratitude
- ✓ Promotes a great night's sleep

## Details:

Suitable for up to 15 people  
Each workshop is a duration of up to 1 hour

## For more details:

We are happy to help, please get in touch with us [here](#).





# Testimonials



"I had an amazing experience in my Wim Hof workshop organised by my work, with Dan. He is a warm, friendly and very knowledgeable instructor who instantly made me feel at ease.

I thoroughly enjoyed my time in the workshop and learned so much about the health benefits of the breathing and ice baths. I overcame my nerves and felt comfortable being challenged outside my boundaries – all through my breath! I'll definitely be doing more sessions with Dan!"



"I felt in the safest of hands with Dan & Karyn. Having knowledgeably explained the breathing techniques, they led us with ease and confidence through the most beautiful breathwork session, surrounded by nature.

We were also given a series of tools to take away and help in daily life. I came away feeling restored and ready for anything! Thank you both – you're both real pro's!"



"Thank you for opening my mind, reassuring me and for giving me such a positive experience. It's inspired me."

It will be an experience that could be life-changing for you and your team and will certainly help you all understand how simple changes can bring about significant benefits, resulting in you all feeling stronger, happier & healthier.

**Get in touch today!**

# Contact Us!

We take pride in our customer service and keeping our clients happy. We are also highly flexible in our approach, so whether you have an enquiry or want a bespoke package – we are ready to help and work with you!

If you are responsible for arranging corporate events, have a venue for hire or the organiser of away-days for groups of employees, executives, managers or even family groups, please talk to us!

Follow us on LinkedIn:

[Vitae Vi Official](#)

Follow us on Facebook & Instagram:

[@vitaeviofficial](#)

You can always get in touch via email at:

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**Visit our website!**

[www.vitaevi.co.uk](http://www.vitaevi.co.uk)

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