



On-site Yoga Classes for Healthcare Workers

Hello! My name is Rachel Moore-Oliviero,

I am a qualified Yoga Teacher and a CORU registered Speech & Language Therapist. I offer onsite yoga classes for staff in healthcare locations in Wicklow, Wexford and South County Dublin. I am fully insured and am registered as a vendor with the HSE.

I offer:

- 3-6 week courses of yoga (may be repeated)
- once-off yoga/relaxation sessions, e.g. as part of a staff wellbeing event
- online yoga classes - live or recorded

All mats, sitting blocks and bolsters are provided by me for up to 20 people. Classes can also be chair based - the venue must provide chairs if requesting this option.

These classes are designed with Healthcare Workers in mind. I worked as a Senior SLT in the HSE (St. Columcille's Hospital) for 6 years and am aware of the demands on HCWs, how much they give of themselves, often with additional caring responsibilities at home. Many class participants have told me it is the only moment in the whole week that is just for them.

What is Yoga?

Yoga means "union". It is an ancient practice which includes physical postures, breathing techniques and meditation to increase our sense of connection to ourselves, the earth, and the people around us. With this connection restored we can move through our day with greater ease, purpose and vitality.

These classes are beginner friendly - you do not need to be flexible to practice Yoga! No prior experience of Yoga is required and all bodies are welcome.

Prices (up to 20 people):

- **3-6 week yoga course on-site: €150 per session + mileage from Wicklow Town**
- **Once off yoga/relaxation session: €200 per session + mileage from Wicklow Town**
- **Online yoga classes: from €150 per session via Zoom or Vimeo.**

I would be delighted to hear from you to discuss your ideas. I can provide a prompt quote in accordance with procurement requirements.

I look forward to hearing from you.

All the best for now,

Rachel Moore-Oliviero

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