



# POSTURE ELLIE

Reduce pain, prevent injury & improve  
performance with better posture

## Corporate - 'Posture & Pain'

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**1hr talk** - My 1 hr talks comprise about 25 mins of theory, 5 mins of a mini self posture assessment and 30 mins of movement. These are appropriate for a meeting room and work clothes.

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**1.5hr talk** - My 1.5hr talks comprise about 40 mins of theory, 5 mins of a mini self posture assessment and 45 mins of movement. These are appropriate for a meeting room and work clothes.

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**2hr workshop** - My 2hr workshops comprise about 50 mins of theory, 10 mins of a mini self posture assessment and 60 mins of movement. The latter 60 minutes requires space for yoga mats and for attendees to wear exercise clothes.

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**8hr day** - My 8 hour day can comprise a mix of the above and/or 121 appointments with employees. 121s with employees require a small, private room (space for a yoga mat) and for attendees to wear exercise clothes. 121 appointments are 1 hr each.

[WWW.POSTURE-ELLIE.COM](http://WWW.POSTURE-ELLIE.COM) / [@POSTURE.ELLIE](https://www.instagram.com/POSTURE.ELLIE) /  
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## Corporate Rates

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1hr talk - £75 (+ travel & time)

1.5hr talk - £112 (+ travel & time)

2hr workshop - £150 (+ travel & time)

8hr day rate - £500 (travel & time included\*)

I work with corporates in different ways. Some hire me for an after work talk and others hire me for a full day of 121s and a lunch break workshop.

I am really open minded as to how we can work together so let me know if you have any suggestions.

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My 8hr day is 9am - 5pm and includes 1 hr for lunch (this can be broken up into two sections of 30 minutes and can work around a lunch break talk).

Travel is £20 an hour and 0.45p per mile from WR11PD.

\*Travel and time is included for up to 75 miles from WR11PD. For any mileage over 75 miles, travel and time is charged at the same rate as above. Overnight accommodation may need to be considered depending on distance.

Other corporate clients

