



READY TO ELEVATE YOUR TEAM?

udara

MOVEMENT STUDIO

150 MURRAY STREET - HOBART

Udara movement studio is a place for you and your team to feel well. To unwind. To have time and space together in a place that is not 'work'.

We offer group **yoga & Pilates** sessions for you and your team. Our classes are custom tailored to the needs of your team, helping them both physically and mentally. **Empowering your team**, whilst helping achieve your organisational goals.

Our classes are here to support all levels of experience - even if that's zero!

RECHARGE - ELEVATE - SUCCEED

“Space for your team to slow down, to go faster”

WHAT WE OFFER...

- Private yoga and Pilates sessions for your team in our studio, or at your workplace*
- Custom tailored classes to your team's needs, abilities and, experience.
- Weekly or fortnightly classes



WHY US...

- The most experienced yoga and Pilates teachers in the state
- Held in our relaxing and central space right here in Hobart, or we can come to you*
- Tailored classes to suit your team's needs
- Our teachers are well educated to deal with any injuries or concerns

In a competitive talent market, employee well-being is being valued more than ever!

Our sessions are proven to increase; team bonding,
work life balance, job satisfaction, and staff morale.



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TRUSTED BY...

"I recommend any business to do this for their staff, the process of setting everything up was easy. We were looking for a way to reconnect as a team after COVID, but wanting to improve team morale and also productivity within our office environment. We saw changes even after our first session – everyone was able to have a laugh, they encouraged each other and it gave us something to connect to outside of work. Staff with existing injuries were always given extra attention and variations in the movements"

"We have just finished the last block and all of my staff are
already asking when we are starting again"



READY TO ELEVATE YOUR TEAM?



Option 1 Yoga / Mat Pilates

- Up to 40 people per session
- Heated or non-heated room option
- 60-90 Minute class length
- Held at our studio or at your premises*

Option 2 Reformer Pilates

- Up to 8 people per session
- Held in our reformer studio
- 50 Minute class length



Option 3 Individual Memberships

- Give your team members individual Udara memberships, so they can move in their own time!
- Any number of people for any number of weeks, with discounts off regular membership prices
- Yoga, Pilates and Online class options available



Contact us today
hello@udarastudio.com.au

Pricing

Option 1 & 2

- 1 Session = \$199
- 5 Sessions = \$899 (save \$100)
- 10 Sessions = \$1599 (save \$400)

Option 3

- Subject to numbers (save up to 50% off regular price)

Terms and Conditions

Cancellation within 48 hours will result in full fee or forfeiture of that class

Cancellation outside of 48 hours will enable a reschedule pending availability

Session packs must be used within

6 months of first class, unless other arrangements are made with the Studio Manager.

All participants will be required to sign a waiver prior to the first class.

Option 3 requires minimum of 4 weeks to be purchased.

* Subject to approval, additional costs may be incurred.

udarastudio.com.au



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