

INTRODUCING

Work Circles

Where businesses meet for wisdom,
higher purpose and connection.



THE
'Begin Within'
CIRCLE SERIES

ALIGN TO YOUR TRUE NATURE

Self-awareness enables us to remember our true essence, which we can reflect externally. The 'Begin Within' Circle Series blends wisdom, yin yoga and energy work, led by Reiki Master and Yogic practitioner Amy Farrow.

Employees can join 1-7 sessions, focused on a specific work-centric topic and a chakra within the body, this facilitates a mind-body-spirit alignment.

This ancient knowledge serves modern workplaces, enhancing individuals' frequencies and positively impacts business outcomes.

The program can be booked as a single session or a complete 7 session journey within 12 months.

Yes Queen provides unique spiritually-led experiences as a channel to Career Wellness.

YES QUEEN™

THE 'Begin Within'

CIRCLE SERIES

Session 1: The truth of who you are
(Muladhara/Root)

Session 2: Balance and Harmony
(Swadhisthana/Sacral)

Session 3: Purpose and Devotion
(Manipura / Solar Plexus)

Session 4: Creativity and Prosperity
(Anahata / Heart)

Session 5: Inner Wisdom and Communication
(Vishuddha / Throat)

Session 6: Intuition and Imagination
(Anja / Third eye)

Session 7: Expansion and Alignment
(Sahasara / Crown)

90 min session includes:

- 15 minutes wisdom (Muladhara chakra)
- 15 mins yin yoga
- 30 minutes reiki (energy enlivening)
- 30 minute circle connection and discussion with actionable journal questions for post integration

Benefits:

- Individuals will establish a deeper connection to self
- A collective anchor that promotes stability and steadiness
- Experience heightened clarity, calmness and creativity
- Feel a greater sense of peace
- Choose to express and act from a state of grace
- Realise the full potential of the individual and brand
- Magnetise the right people, projects and opportunities

All materials are provided and beautifully set up at your place of work or a studio is available to hire. A gorgeous 'An Organised Life' notepad is gifted to each employee (*while stock lasts*).

This offering has been sponsored by



Seen in

marie claire AUSTRALIAN Women'sHealth

Contact Founder of Yes Queen Sarah Fritz to receive the full presentation of this offering. E: sarah@yesqueen.com.au M: 0460 638 539

YES QUEEN™