

# Jovanna Stolt Health

A licensed physiotherapist specializing in mental health, personal trainer, and certified yoga, pilates, and mindfulness teacher, offering yoga, mindfulness, compassion training, fitness sessions, and inspirational talks for your company. Enhance the value and creativity of your conference with physical activity and mindful presence!

## Yogaflow

Flowing yoga focusing on mobility, strength, breathing, and body awareness. Performed in workout clothes. Yoga mats are needed.

*25–75 minutes depending on preference*

## Yogaslow

Calm, gentle, and restful yoga with a focus on recovery and relaxation. The group is guided in breathing and meditation. Can be done either on the floor or in a chair. Participants do not need to change clothes, but comfortable clothing that allows movement is recommended. Can also be offered as a conference break.

*25–90 minutes*

## Compassion

A class focusing on self-compassion. Gentle movements are combined with meditation and reflection exercises. We explore how to be more compassionate toward ourselves and reduce self-criticism. In this way, we can become calmer, more secure, and more present. Can also be offered as a workshop or lecture. Participants do not need to change clothes..

*45–90 minutes*

## Pilates

A strength class focusing on the core. Through posture training, strength, and stability exercises, we become more body-aware and better equipped to handle daily life. The class is performed in workout clothes on a yoga mat and adapted to the group's needs. A class that inspires your own training!

*25–60 minutes*

## Corepulse

We focus on strengthening the hips, back, and abdomen, while also giving the legs and shoulders a good workout. An effective class with a slightly higher intensity that also gets your heart rate up. Performed in workout clothes with a mat.

*25–60 minutes*

## HIIT

High-Intensity Interval Training. We let the heart and the body's major muscle groups work hard. Sweat guaranteed! I demonstrate different intensity levels. Can be done both outdoors and indoors.

*25–45 minutes*