

be*

Corporate Wellness

with beyond studio



A person with a long braid, wearing a white sports bra and dark leggings, is seen from behind, sitting in a lotus position on a rooftop. They are looking out over a city skyline at sunset, with the sky in shades of orange and red. The city lights are visible in the distance.

A H O L I S T I C A N D P R A G M A T I C A P P R O A C H

Beyond is **a welcoming sanctuary**
where movement meets mindfulness,
and physical and mental **wellbeing**
naturally become part of a lifestyle,
in the heart of Milan.

Through our people and our space, we
create **contemporary self-care**
experiences that flow effortlessly
with modern work rhythms and support
the needs for balance and connection
of today's society.

beyond

O P E N N E S S — W A R M T H — A D A P T A B I L I T Y

Our studio offers **Yoga and Pilates classes in both Italian and English**, designed for a diverse and international audience.

We combine **high-quality teaching, personalized attention, and an inclusive approach to create experiences that are accessible and meaningful** — even for those with busy work schedules and fast-paced lives.

Our classes range from **dynamic, energizing practices to gentler, restorative sessions**, all aimed at supporting physical, mental, and emotional balance, while fostering presence, awareness, and well-being in everyday life.

In addition to studio classes, **we organize workshops, events, and retreats in Italy and abroad**, focused on deepening practice, personal growth, and recovery in **premium locations that encourage slowing down, finding inspiration, and building connections**.



beyond
MORE THAN YOGA

Our Disciplines



Vinyasa Yoga



Hatha Yoga



Yin Yoga



Meditation



Sound Bath



Pilates



Barre Pilates



Calisthenics



Sculpt



Mindfulness

Offering Corporate



At your company

Offer your team regular mindfulness breaks during the workday.

- **Personalized sessions tailored to:** team needs, available schedules, and workspace.
- **Options include:** single events, Office Wellness Weeks, or drop-in sessions.
- **Flexible participation (first class free):**
 - The company can cover the cost for all employees, or
 - Individuals can join independently.



At our studio

Give your team access to all studio classes with a dedicated corporate rate.
Encourage movement and self-care even beyond working hours.

Flexible participation (first class free):

- The company can cover the cost of classes, or
- Employees can join individually.

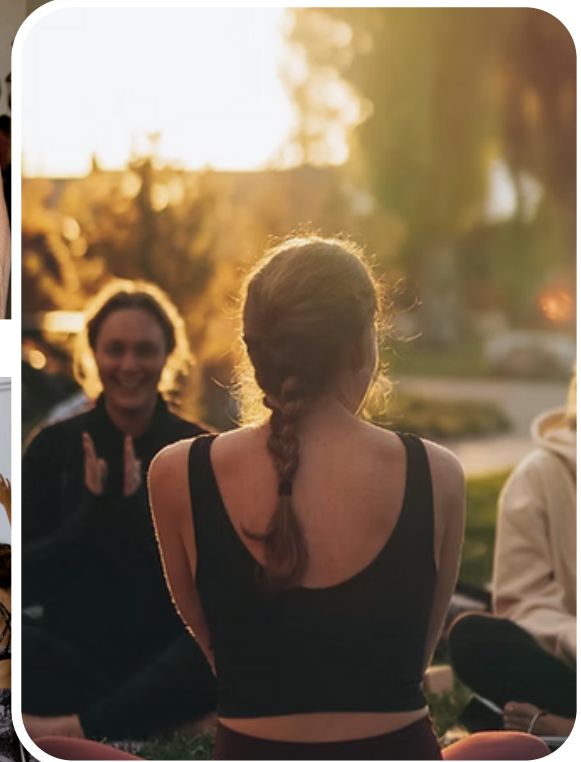


Retreats & Team-Building

Whether you want to strengthen team connections, celebrate an important milestone, or simply enjoy a restorative break in a mindful environment, our studio can support or design your event.

Get in touch with us to create a personalized experience.

Bring **balance and clarity** to your workplace, **fostering team connection, focus, and high-quality work**, while supporting more sustainable productivity.



They trusted
our services



Weekly Classes & Retreat



*Wellness Weeks
2024 & 2025*

DÌ Milano

Weekly Classes



Mental Health Allies Program

And more!



Get in touch.

Let's create a tailor-made experience for your company together.



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beyond