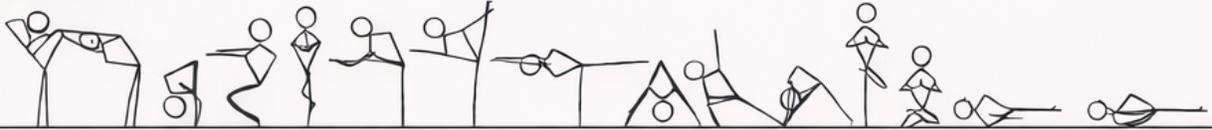




feel



Tanya Harrington

Founder, FEEL Yoga

CORPORATE WELLNESS & RETREAT FACILITATOR

Alignment-Based Yoga | Nervous System Regulation | Boutique Retreat Experiences

EXECUTIVE OVERVIEW

With more than 20 years of *professional* teaching experience, Tanya Harrington, founder of FEEL Yoga delivers *refined, alignment centered yoga* experiences designed to restore clarity, resilience, and vitality in high-performing individuals and teams.

CORPORATE & RETREAT OFFERINGS

- Alignment-based heated or non-heated yoga sessions
- Infrared heated methodology
- Nervous system regulation and breathwork practices
- Restorative movement for *stress management and recovery*
- Sound-based relaxation experiences
- Multi-day retreat program design
- Destination retreat *facilitator*

ENGAGEMENT FORMATS

- Single session corporate *activities*
- Executive offsite wellness integrations
- Multi-day retreat immersion
- Private leadership wellness sessions
- Destination retreat *facilitator*

Serving nationally and internationally

