



WELLBEING AT WORK

Wellbeing programmes for the workplace that help people flourish and businesses thrive.

LOOKING TO MAKE YOUR WORKPLACE A HEALTHIER AND HAPPIER PLACE?

Our wellness packages services offer you the opportunity to do just that! With our yoga classes at the workplace, Thai yoga massage on-site, group stretching sessions and corporate wellness programme, you can ensure that your team are taking the time to look after their minds and bodies. These services help to improve productivity, reduce stress, and create a positive and supportive environment. Investing in the wellbeing of your employees will help to increase morale and create a more positive work culture. Take advantage of our wellness packages services and start creating a healthier and happier workplace today!

OUR SERVICES

Our wellbeing at work programmes start from \$350 per month

Book a call for more information and to discuss your needs (+64 0220500685).



1
ON-SITE MASSAGE
2H BOOKING MINIMUM



2
YOGA AT WORKPLACE
1H SESSION



3
GROUP STRETCHING
SESSION/ 45M SESSIONS



4
CORPORATE WELLNESS
PROGRAMMES

91%

of employees have experienced negative physical effects including fatigue, problems sleeping and headaches as a result of work.

65%

of those likely to stay in their job, work for businesses that are proactive to wellbeing.

The Annual Workplace Wellbeing Survey 2022 by EMA and nib New Zealand (nib).



Why Choose GAB MASSAGE for wellbeing at work

- Increase in employee health and decrease in sick days
- Increase in individual and team performance
- Improved focus and creativity
- Employee engagement and retention
- Healthy and productive work space and work relationships
- Boost your brand as an employee centered, modern workplace
- Support a culture that values emotional and physical well-being





ABOUT GAB

GAB THE MANUAL THERAPIST

Gab has 20+ years doing massage professionally. He worked in several SPAS in Rotorua for many years and has been trained in Thai Massage in Chiang Mai, Thailand. He also recently qualified as a Yoga Teacher in India and combining his two passions he teaches Thai Yoga Massage. He has trained over 350 students in recent years.

"Creating a healthy workplace environment is essential for the success of any organization."

THAI YOGA MASSAGE AT WORKPLACE

Our massage is based on the style and structure developed by Asokananda and based on the Thai village massage tradition generally called Northern Style Thai massage.

This massage style does not require the use of oil or getting undressed making things much simpler. We have a small group of practitioners based in Auckland and the North Shore ready and available to boost your staff morale and productivity. We will discuss your individual needs and tailor a massage to reduce muscle tension and improve energy levels.

Our clients vary from Newspapers to Recruitment companies and sports events and no client is too small or too big for us!

KEEP YOUR STAFF HAPPY AND HEALTHY WITH OUR CORPORATE WELLNESS OFFERINGS!

Our wellbeing at work programmes start from \$350 per month

Book your Corporate Wellness Session to pamper your staff members.
Bookings are limited and subject to availability.

**Questions?
Contact us.**

Book a call for more information and to discuss your needs.

www.gabmassage.com

gabrielmorales99@yahoo.com

+64 0220500685



GAB MASSAGE