



# Vera Schofield

ONLINE FLEXIBILITY COACH + PERSONAL TRAINER

## About Vera

I am a plus-size, queer, certified personal trainer and flexibility coach. I teach flexibility and mobility classes from a body-neutral perspective, and offer coaching for all levels, from basic to advanced. I believe that people of all abilities and body types can feel their best through flexibility, mobility and strength training.

3.7M

Canadians feel significant levels of stress at their place of work

24%

employees miss work due to aches and pain

80%

Canadians say their wellbeing would improve if offered a wellness program

66%

employers reported increased productivity after implementing wellness programs

## WHY FLEXIBILITY WITH VERA?

### Injury Prevention

Learn how to stretch and move without injury or pain

### Improved Posture

Reduce the risk of chronic pain and discomfort

### Team Building

Create a positive workspace for all

### Increased Productivity

Increase staff energy levels and mental clarity

### Higher Morale

Self-satisfaction leads to higher engagement in work

### Stress Reduction

By easing tension and releasing endorphins

### On-Demand Library

Heavily discounted subscriptions

### In-Office Sessions

Starting from \$150

### Online Workshops and Private Coaching

Starting from \$100

# TESTIMONIALS

When looking for affordable ways to implement wellness into our employee's lives we came across Flexibility with Vera and we knew that this would be the **perfect wellness offering for our employees**. Since implementing Flexibility with Vera into our employees' lives, we have seen a marked improvement in overall **energy and productivity**, and the **positive impact on morale** has been noticeable.

I highly recommend Flexibility with Vera to any business looking to improve the effectiveness and well-being of their employees. Vera has provided us with a valuable resource that has already made a positive impact on our team and our company as a whole. Thank you!

## Heather Breakell

HR Coordinator for Cheil Canada

I look forward to my sessions with Vera not only because they are encouraging and create a safe space for me to explore authentic movement, but also because Vera challenges me past my own self-imposed limits! And I feel safe doing so because Vera always explains in relatable terms why our bodies respond the way they do. Vera is the whole package—knowledge about their craft, caring towards their students, and fun energy which all make a quality movement teacher.

## Chibuzo H.

Student of Flexibility with Vera

## SERVICES & RATES

### SEEDLING

### SUBSCRIPTION

Minimum 5 subscriptions

**\$120/YEAR**

~~\$240/YEAR~~

- Access to Flexibility with Vera's On-Demand Library
- 14 playlists, including 'Energy Break,' a playlist with quick **stretches for the workspace**
- New videos added weekly
- Monthly check-in email
- 20% off virtual workshops

### NEED 100+ SUBSCRIPTIONS?

Contact [corporate@flexibilitywithvera.com](mailto:corporate@flexibilitywithvera.com) for bulk subscription pricing deals, up to 75% off

### IN-OFFICE

### STRETCH CLASS

Available in the Greater Toronto Area

**fr. \$125**

- 45 to 60-minute stretch class with variations for different abilities
- Can provide up to 10 mats, and a select number of props
- Discussion on the importance of incorporating movement into the workday

### ADD-ONS

**fr. \$100**

- Private Sessions
- Group Movement Challenges
- Zoom Workshops on Flexibility and Body-Neutrality

