

SPIN WELLNESS
AND YOGA



RECOMMIT TO YOUR
WELLBEING EVENT
PLAN

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AGENDA

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ABOUT US

Spin Wellness And Yoga is a modern wellness brand, targeted at women, and young professionals across all industries.

SWAY provides a sanctuary for restoring balance, improving wellbeing, nurturing holistic practices, and promoting healthy lifestyle.

Our core values are: accessibility, authenticity, and compassion.



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EVENT OVERVIEW

Spin Wellness is hosting two intimate and exclusive wellness events in Lagos and Ibadan. These sessions are designed for the public to experience a blend of physical practice, mindful engagement, and community building, all centered around our "Recommit to Your Wellbeing" theme.

OBJECTIVES

- To provide attendees with practical tools and knowledge they can use to manage stress and improve their mental well-being.
- To create a safe, supportive, and welcoming environment where people feel comfortable exploring their wellness journey.
- To empower attendees to "recommit to their wellbeing" by helping them create a new, intentional habit of self-care.
- To foster a sense of community and connection among participants, showing that they are not alone on their path to wellness.

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TARGET AUDIENCE

Young professionals living in Lagos and Ibadan who are interested in mental health, stress management, and holistic well-being. This event is for those looking to start their wellness journey or deepen an existing practice.

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EVENT-SPECIFIC DETAILS

LAGOS EDITION:

DATE: JANUARY 3, 2026

IBADAN EDITION:

DATE: JANUARY 10, 2026

Duration: 2 hours

Capacity: Each event is limited to a capacity of 20 people to ensure an intimate and personalized experience.

Ticketing and registration: The event will be ticketed to manage the 20-person capacity. A digital ticketing platform (Spin or Tix.Africa) will be used to handle registrations

EVENT FLOW

Studio Rental Time: 4:00 PM to 6:00 PM.



Yoga Session (4:15 PM - 5:00 PM)

A 45-minute group yoga session focused on mindful movement and breath.



Sound Therapy (5:00 PM - 5:15 PM)

A 15-minute guided session using sound bowls to promote deep relaxation



Q&A, Conversation & Refreshments

A 30-minute period for an open conversation on recommitting to your wellbeing, followed by socializing and refreshments.



Clean-up & Exit (5:45 PM - 6:00 PM)

The final 15 minutes are for cleaning up the space.



EVENT 01

EVENT 02

EVENT 03

EVENT 04

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REQUIREMENTS

- A clean, spacious, and flat floor area with sufficient natural or soft lighting.
- A clean bathroom and/or changing rooms.
- A designated space for juice, water, and finger food.
- Every segment of the event, including behind the scenes, needs to be covered with both pictures and videos.

TIMELINE

October

- Event planning, venue scouting, and sponsorship outreach.

November

Secure venue, finalize sponsors, and begin pre-event promotion.

December

- Launch ticketing and finalize media partnerships.

January

Post-event promotion and content sharing.

SPONSORSHIPS

We are actively seeking sponsors who align with our wellness brand, such as:

- Gboiyinwa
- Supported Soul.

Sponsors will be offered brand visibility through event branding, social media shoutout and mentions during the conversation segment. Inclusion of their branded items or products in a curated gift box for all attendees will also be a key benefit.



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PROMOTION

Pre-Event:

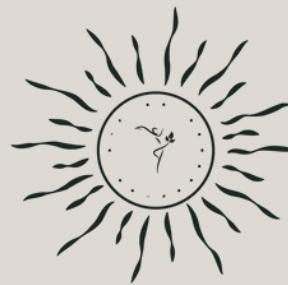
- Social Media: A consistent campaign on Instagram and other platforms.
- Email Marketing: Send mails to existing audience
- Media Outreach: radio

Post-Event:

- Share high-quality event photos and a recap video on all social media platforms.
- Collect and share testimonials from attendees with consent.

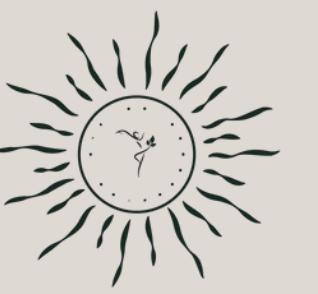
BUDGET

Item	Description	Cost
Studio rental	2 hours, both locations	300,000
Juice and Water	For 50 people	58,000 (To be confirmed)
Finger foods	For 50 people	(TBC)



FOR QUESTIONS,

Reach out to:
admin@spinwellness.org



THANK YOU