Bodi

LOCATED IN BATH

WELLBEING FOR COWORKING SPACES

The 15 minute *neck release*

On-site suboccipital release days for coworking spaces that invest in their members' wellbeing. I bring everything. You provide the space.

FOR

Coworking spaces and their members

FROM

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CONTACT

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Your members chose *community*. Give them care.

Coworking members spend long days at screens, often without an employer wellbeing scheme behind them. A space that looks after bodies as well as desks becomes the place people want to stay.

819

office workers surveyed in a Harvard Business Review study, who found coworking more socially fulfilling than the office or home

2 to 4

events a month is commonly cited as the sweet spot for member engagement (Cobot, citing Everything Coworking)

22.1m

working days lost to work-related stress, depression or anxiety in Great Britain (HSE, 2024/25)

THE POINT

Community is a top reason members stay. A wellbeing day gives them a reason to meet, and to renew.

What is *suboccipital* release?

A sustained, gentle release at the base of the skull, where the neck meets the head. Members lie face up, fully clothed, while I support the weight of the head and work through the small muscles at the skull base (the suboccipitals).

WHY IT MATTERS

i These four small muscle pairs help steady the head and fine tune its position, so they work hard whenever we sit and look at screens.

ii They are richly supplied with sensory receptors, so tension here is easily noticed by the nervous system.

iii Upper neck nerves share pathways with those that carry sensation from the head and face, which is one reason neck tension is linked with headaches.

where the head meets the neck

15

MINUTES, HELD QUIETLY

What the *research* shows

i

Headache and neck pain

A systematic review of 13 randomised trials (745 people) found most studies showed significant benefits for pain and everyday function when suboccipital release was used for tension-type or cervicogenic headache and neck pain.

Source: AIFI Congress abstract, systematic review and meta-analysis

ii

Impact on daily life

In a 2022 randomised trial in chronic tension-type headache, four weeks of suboccipital inhibition with interferential current reduced the impact of headaches on daily life.

Small trial (25 people). Self-reported pain alone did not change significantly. Neurologia, 2022

iii

A calmer nervous system

Controlled studies of 10 to 15 minute seated massage report lower blood pressure and cortisol. A 52-person workplace study saw systolic and diastolic readings fall after one 15 minute session.

Sources: AMTA position statement; Perceptual and Motor Skills, 1997 (no control group)

The research is promising rather than conclusive. Studies are small and results vary. This is a relaxation and wellbeing service, not a medical treatment.

Fifteen *minutes*.

01

Fully clothed

No changing, no oils to wash off, no awkwardness.

02

Hair stays intact

Head massage is optional, so hair can stay exactly as it is.

03

15 minute slots

Easy to fit between calls, and back at the desk straight after.

04

Private and quiet

A single treatment space, with calm and confidentiality.

Two simple ways to *host* me

i

A member benefit

You book a day and offer slots to members as a perk of membership. Members book through your usual channel, and I run the day.

ii

A regular wellbeing day

A monthly or seasonal day in your events programme, for a steady rhythm members can plan around and look forward to.

Rates and the arrangement that suits your space are agreed together. Ask for a simple proposal.

What your space *gets*

01

Retention and loyalty

A visible, memorable perk that shows members you invest in them.

02

Community moments

Members meet while they wait, share the experience and talk about it afterwards.

03

A ready-made event

A wellbeing event for your programme, with no extra planning for your team.

04

Content and reputation

Calm, genuine moments to share on your socials and in member stories.

ILLUSTRATIVE EXAMPLE

A member paying **£150** a month, kept for just **3 extra months**, is **£450** of membership revenue.

Compare that with your own member values and the cost of hosting a day.

Community is widely named as a top reason members stay. Wellbeing perks are a common way spaces build loyalty, although hard figures on their effect are scarce.

I bring everything. You provide the *space*.

1 Choose your day

Pick a date. A full day offers around 20 to 24 sessions in 15 minute slots.

2 Share it with members

Announce the day and open the slots through your usual booking or community channel.

3 I arrive and set up

I bring the table and all equipment, run the day on time, and leave the space as I found it.

I BRING	YOU PROVIDE
Massage table	A private room or quiet space
All equipment	A way to share the day with members
A calm presence	*That is all.*
Easy scheduling	

Made for spaces that *invest* in their people

i

Community led spaces

Independent and boutique spaces where members know each other, and care is part of the culture.

ii

Flexible office operators

Larger spaces that want a standout member benefit with no extra work for the team.

iii

Wellbeing weeks and events

A practical, hands-on anchor for member events, launches and seasonal programmes.

Your comfort, *always*.

Consent first

Everyone chooses their own level of pressure, and can ask me to pause or stop at any moment.

A short check-in

A quick confidential health question before each session, so I can adapt or decline where needed.

Please tell me beforehand

If you have a recent neck or head injury, recent surgery, or a medical condition affecting the neck, check with your GP first.

Wellbeing, not medicine

This is a relaxation and wellbeing service. It does not diagnose or treat medical conditions.

FULLY INSURED WITH BALENS INSURANCE

Feel it *first*.

A fifteen minute session is the quickest way to judge the value for yourself. I can arrange a taster for you and your team, so you can decide on hosting a day for members with first hand experience.

1 SHARE THE BRIEF

Your space, your member numbers and the dates that suit you.

2 CHOOSE A FORMAT

A member benefit, or a regular wellbeing day.

3 I RUN THE DAY

I bring everything. You provide the space.

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Sources

Hadley C. et al. Harvard Business Review, February 2023, on coworking and social fulfilment (819 office workers), as summarised by Insights@Questrom, Boston University.

Cobot, How to improve member retention in coworking (operators handbook), including the events benchmark attributed to Everything Coworking.

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AIFI Congress abstract: systematic review and meta-analysis of manual suboccipital muscle release in adults with tensive or cervicogenic headache or neck pain (13 RCTs, 745 participants).

Massage therapy as a workplace intervention for reduction of stress. Perceptual and Motor Skills, 1997;84(1):157-158 (52 participants, no control group).

American Massage Therapy Association, position statement: Massage Therapy Can Relieve Stress.

The example on page 7 is illustrative only and uses assumed figures. This service is for relaxation and wellbeing and is not a substitute for medical advice.