

KEEP EVOLVING: THE CORPORATE WELLNESS COLLECTIVE THAT'S ANYTHING BUT CORPORATE

Wellness presentations to improve
employee health and wellbeing



At Keep Evolving, we don't do cookie-cutter. We craft bespoke wellness presentations for companies ready to go beyond fruit bowls in the breakroom. Think of us as your behind-the-scenes wellness Avengers: an expert team of yogis, nutritionists, mindfulness mentors, and rare unicorn-like professionals (yes, we have those, too) ready to reboot your workplace energy.





We cover everything from mindfulness mentorship and desk-friendly yoga to sound bath journeys, stress-busting secrets, and longevity-inspired talks with a strong focus on nutrition and lifestyle medicine. For something more powerful, ask us about our Warrior Mindset Masterclass - our signature self-protection skills seminar that builds confidence, safety awareness, and practical tools to address Gender-Based Violence in a meaningful, respectful way.

Whether your team needs a gentle stretch, a mindset reset, or a deeper dive into wellness strategy, we tailor every session to your company's unique culture. It doesn't matter if you're a close-knit team of ten or a multinational giant, we make it personal, not PowerPoint.





We've already worked with incredible companies like Absa, Anglo American, Momentum Metropolitan, and Virgin Active.

The results? More energy, more resilience, more connection.

It's wellness with soul, science, and a touch of spark. Because thriving employees don't just happen, they evolve.

**Keep Evolving:
Mind. Body. Business.**



Facilitators

Our corporate health and wellness events, classes & workshops are led by a team of expert facilitators from the Keep Evolving Collective, each bringing a distinct set of skills and knowledge.

These sessions are designed to enhance well-being, increase productivity, and promote a culture of mindfulness and balance within the workplace. Meet our full Collective [here](#). Introducing 5 of our lead team members.

Hayley Alexander

Hayley Alexander is a yoga educator and wellness entrepreneur with 15+ years of experience. Founder of Keep Evolving, she offers courses and events focused on mindfulness, self-protection skills and well-being. Hayley teaches Hatha and flow yoga, mentors teachers, and leads workshops for gyms, corporates, and private clients. With expertise in health sciences, she continues to learn and integrates functional nutrition and personalised health coaching to help others reach their potential.



Mark Joseph

Mark Joseph is an acclaimed mindfulness teacher and mentor. Schooled in eastern as well as western practices, he is deeply knowledgeable of the science, as well as the different philosophies of mindfulness. Mark has developed an accredited teacher training series in mindfulness and facilitates weekend retreats with clients from around the world.



Fiona Patel

Fiona Patel is a versatile wellness professional, combining expertise as a Yoga Instructor, Sound Healer, and Corporate Consultant. Specialising in holistic well-being, Fiona's offerings include yoga sessions focused on alignment and flow, as well as transformative sound healing journeys with crystal singing bowls. With a passion for guiding others toward balance, Fiona's purpose is to support individuals on their path to relaxation, healing, and overall wellness, empowering them to lead more mindful and fulfilling lives.



Mphile Dlamini

Mphile Dlamini is a professional fitness coach with a passion for empowering others through health and fitness. Specialising in personal training, she also leads fitness bootcamps at the local police station. With experience in education, soccer, and rugby, Mphile is dedicated to helping individuals, especially women, reach their full potential while promoting kindness and positivity.



Ashleigh Caradas

Ashleigh Caradas is a registered dietitian in private practice who firmly believes in the healing and nourishing power of food. Drawing from her own personal health journey, she creates personalised nutrition plans that help her clients achieve optimal well-being. In addition to her expertise in nutrition, Ashleigh is also a dedicated yoga instructor, embracing a holistic approach that empowers her clients to cultivate physical, emotional, and mental balance.



Benefits of our Programs

Encourages physical activity and mental wellness

Reduces workplace stress and improves overall mood

Enhances team cohesion and creates a positive work environment

Flexible scheduling and options tailored to meet your team's needs





"I just wanted to take the time to express our sincere gratitude to you for the incredible masterclass presented on taking positive action against GBV in South Africa. Your team did a sterling job, and I love how you shared the lessons and skills in such a genuine yet powerful way." - Kutlwano Takadi, Women in Mining Chairperson at Anglo American



"Thank you for the online session on How to Stay Cool, Calm, and Collected in a Crisis – it was amazing! I have joined your Keep Evolving community and look forward to more upcoming sessions." - Jade Monique, Employee at Absa



"Hi, Hayley. Thank you for the amazing self-love and sound bath class hosted by Virgin Active, Melrose Arch. A friend invited me, and now I'm ready to sign up as a member! Please, give us more!" Lethabo Mbatha - Digital Content Creator and Influencer



Rates & Packages

Keep Evolving offers tailored wellness packages designed to meet the unique needs and objectives of your company and its employees. Our team will work closely with you to assess your specific requirements and customise a comprehensive wellness program that aligns with your organisational goals.

Whether you are looking for a once-off wellness day or regular workshops and classes, we've got you covered.

Pricing options and add-ons will be provided based on the scope of services discussed, ensuring a solution that optimises well-being, enhances productivity, and fosters a positive, balanced work environment. Each package is created with your company's specific culture and employee needs in mind, ensuring maximum impact and value.



Get in Touch

We look forward to the opportunity to collaborate with you and your team to create a healthier, happier workplace.

Warm regards,
Hayley Alexander and Mark Joseph
Keep Evolving

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Visit www.keepevolving.co.za to view testimonials and videos.