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**At Yeşim, “Change and Transformation” is the name of May**

 **Yeşim Group aims to raise awareness on healthy living by declaring May as “Change and Transformation” month.**

Yeşim Group has announced May as the month of “Change and Transformation” to protect and improve the physical and mental health of its employees. The company offers pleasant and useful activities to its employees with the festival organized in this context.

The festival includes physical activities such as yoga, meditation, rhythm workshop, breathing exercises, as well as activities supporting mental health such as stress management and personal development workshops. In this way, Yeşim Group aims to make its employees happier and healthier by raising awareness. The festival also includes activities for children studying at the Yeşim Kindergarten.

The Change and Transformation Festival, realized in cooperation between Yeşim Group and Eflatun Yoga, started on May 16th with Burcu Saraçoğlu Aşan's conversation titled “How Do We Improve Our Mental and Physical Health?”.

**Until May 29, the Change and Transformation Festival will continue with the participation of experts in their fields such as Ebru Çatak, Semra Demirağ, Banu Gönenç, Sayara Özdemir, Nilay Beceren and Merve Karabıyık on topics such as “New Generation Healthy Nutrition”, “Women's Circle: Transforming States of Womanhood", ‘Life Journey with Numerology’, ‘Let the Change Start on Your Face! (Facial Yoga)’, ‘Secrets of Healthy Weight Loss’ and ‘Rhythm Workshop with Body Percussion’ will continue to offer Yeşim emloyees experiences to improve their mental and physical health.**

**The festival will also organize “Children's Yoga” training for children in the 6-year-old age group studying at Yeşim Kindergarten.**