

ZAINEB E. HASSAN

ZiZi Yoga

YOGA / MINDFULNESS / MEDITATION / WELLNESS EXPERIENCES CURATOR /
BRAND AMBASSADOR / PHARM. D / E-RYT 500





ABOUT ZIZI

ZiZi Yoga, led by Zaineb “ZiZi” Hassan, is a renowned holistic wellness specialist and a licensed yoga teacher (RYT-500 HR) known for an innovative approach to yoga and mindfulness meditation.

With a focus on sports performance yoga, ZiZi Yoga has been instrumental in enhancing physical, mental, and emotional strength for elite athletes across various professional sports leagues.

SERVICES



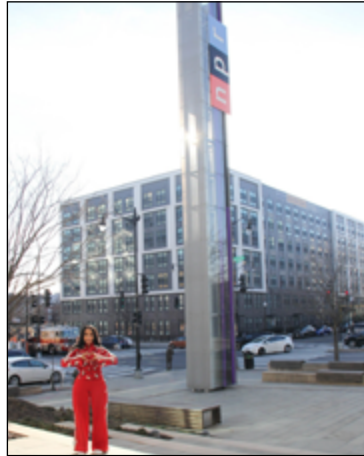
PRIVATE SESSION

Private sessions are ideal for clients seeking a more personalized experience. During these sessions, we collaborate to identify any pain points and ensure proper alignment in their poses. This option caters to clients of all skill levels.



GROUP SESSIONS

Our group sessions are an excellent opportunity to learn and refine techniques within a communal environment. These sessions are available for all skill levels, fostering shared energy and growth. If your business, office, or event seeks a collective yoga experience, our group sessions offer the ideal solution.



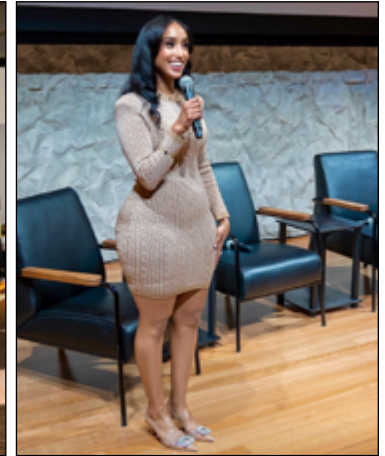
PRIVATE EVENTS

Elevate your special occasion or gathering with our exclusive private yoga events. Tailored to meet the unique needs of your group, our private yoga events offer a personalized and intimate experience. No matter the occasion, these events focus on addressing individual needs, ensuring proper alignment, and accommodating various skill levels. Our dedicated instructor works closely with attendees to create a harmonious environment where relaxation, rejuvenation, and mindfulness take center stage.



FOUNDATION COLLABORATIONS

In partnership with professional athlete clients like Jaylen Brown, Will Barton, Quinn Cook, Victor Oladipo, John Wall, and Jerami Grant, Zizi Yoga collaborates with their philanthropic foundations, dedicating efforts to community-driven initiatives. Our engagement extends to working with children, instilling mindfulness and wellness practices, fostering holistic growth, and empowering the next generation through tailored programs.



SPEAKING ENGAGEMENTS

Engage, inspire, and educate your audience with Zizi Yoga. Explore holistic health, mindfulness, and yoga philosophy guided by our experienced instructor. Ideal for corporate events, conferences, and community gatherings, our sessions introduce the benefits of wellness practices. Our speaker offers insights, practical tips, and transformative perspectives promoting mental clarity, stress reduction, and overall well-being. Invite Zizi Yoga to empower your audience with tools for a healthier lifestyle.

ZIZI IN ACTION

At ZiZi Yoga, we believe in the power of action-driven wellness through our tailored yoga sessions, mindfulness practices, and comprehensive wellness programs. We've catalyzed positive change and elevated performance across diverse environments. From collaborating with elite sports teams to empowering corporate settings and community initiatives, our approach centers on personalized, impactful strategies that cultivate physical resilience, mental clarity, and emotional balance.



SOMETHING IN THE WATER FESTIVAL
High Tide Wellness Summit (2023)



SOMETHING IN THE WATER FESTIVAL
Embodiment (2023)



DREAMVILLE FEST 2023



DREAMVILLE FEST 2022



ARC'TERYX
Grounded with ZiZi



FACEBOOK/INSTAGRAM
Athlete Summit



THE SURGEON YOGA
EXPERIENCE



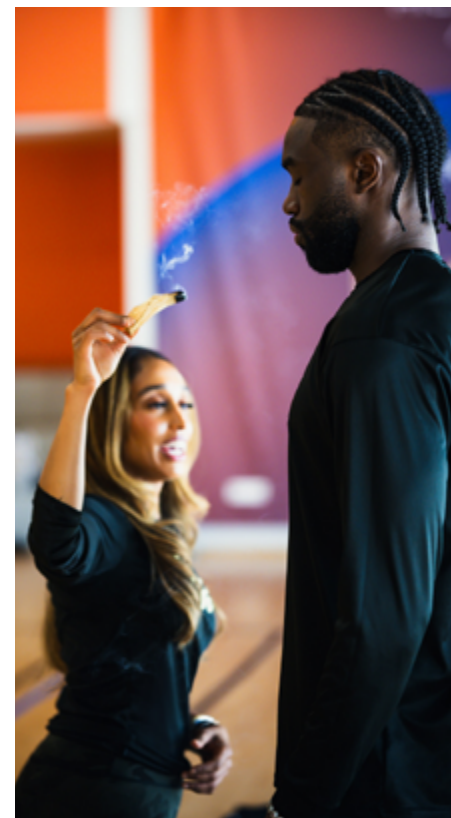
NIKE
2022 Nike NYC's Black Women Equal
Pay Panel

ZIZI IN ACTION

“The Sanctuary” Spain

2024 NBPA Performance Summit

In collaboration with the National Basketball Association, ZiZi Yoga brought holistic wellness to the 2024 NBPA Performance Summit at The Sanctuary in Málaga, Spain. Our participation aligned perfectly with the event’s focus on athlete performance and recovery. By offering expert-led yoga sessions, we helped attendees reduce stress, improve flexibility, and enhance mental clarity. We look forward to future collaborations that promote the importance of mind-body balance in high-performance environments.



[Click to Watch](#)

CLIENT TESTIMONIALS

2024 NBPA Performance Summit



"I had a fantastic experience working with Zizi in Spain. Her passion for yoga is real and she made it very easy to pick up. I definitely recommend that the NBPA brings Zizi back each year to continue providing this valuable service to players."

Cam Whitmore
NBA, HOUSTON ROCKETS



"I think Zizi's work is as important if not more important than anything us Athletes do on the court. Working on mindfulness, finding your breath, and focusing on the present moment allows me to live right here, right now. Zizi's sessions combine Yoga, Meditation, and Breath-work so you can find this moment, which allows me to be able to perform at my very best. My Inner Game is improved every time I work with her, and I am so grateful for the work she did for all of us at the Sanctuary!"

Luka Garza
NBA, MINNESOTA TIMBERWOLVES



"Mindfulness and understanding our bodies and their relationship to our minds is vitally important. Zizi helped me work on my physical recovery and muscle balance alongside enhancing a range of motion. It was an amazing session that she concluded with some pure meditation and centering of ourselves. She was very kind to allow my family members to join the session and also diligently and carefully helped them improve as well, making us all feel welcome and cared for! Loved it and would love to work with her again."

Sandro Mamukelashvili
NBA, SAN ANTONIO SPURS



"The sanctuary was great place to go and be able to truly focus on getting better at my craft from a physical aspect, but also found a great help in the mindfulness training I received from Zizi. The stress of being Nba player can be a lot sometimes, and if you don't train your mental like you do your physical it may overwhelm you. I definitely feel a lot more confident and will use the tactics I learned for this upcoming season."

Miles McBride
NBA, NEW YORK KNICKS



"Working with Zizi at the Sanctuary was an amazing experience and opportunity. For me personally, as an athlete, to be able to combine the on court basketball activities with the mindfulness work that Zizi provides through YOGA is certainly an important way for us athletes to unlock more parts our game. To learn to connect & allow the mind to be fully in tune with our bodies and be able to focus and play at our full potential is something all athletes should strive for."

Bruno Fernando
NBA, TORONTO RAPTORS

BRAND PARTNERSHIPS

ZiZi has experience working with the most premium brands such as Lululemon, Calm, Google, Deloitte, Essentia Water & more.



Calm



lululemon



Waff



Essentia Water



Nike



Google



Agogie



Fruitful Planet



South Block

NBA & WNBA TEAM PARTNERS

ZiZi Yoga has proudly cultivated successful partnerships with prominent NBA and WNBA franchises, including the 2024 NBA Champion Boston Celtics, Denver Nuggets, Portland Trailblazers, and Minnesota Timberwolves. These collaborations involved implementing comprehensive wellness programs that integrated yoga as a foundational element to enhance player performance, foster recovery, and prevent injuries. ZiZi Yoga also played a pivotal role in providing tailored yoga sessions and wellness advisement, supporting the team's physical and mental well-being. These partnerships stand as testaments to ZiZi Yoga's expertise in optimizing athletic performance through holistic wellness practices and tailored yoga programs.



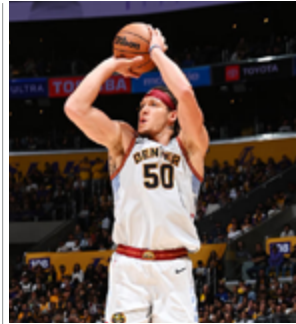
CURRENT NBA CLIENTS



Jaylen Brown - Boston Celtics



Bradley Beal - Phoenix Suns



Aaron Gordon - Denver Nuggets



Victor Oladipo - Houston Rockets



Bruno Fernando - Atlanta Hawks



Monte Morris - Detroit Pistons



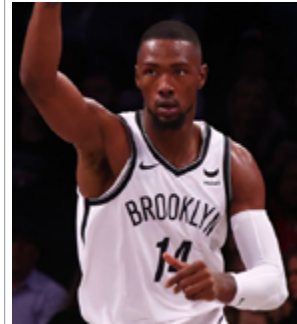
Saddiq Bey - Atlanta Hawks



Dejounte Murray - Atlanta Hawks



Dennis Smith - Brooklyn Nets



Harry Giles III - Brooklyn Nets



Mason Plumlee - LA Clippers



Taj Gibson - New York Knicks



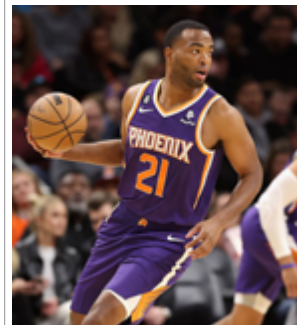
Immanuel Quickley - New York Knicks



Jarace Walker - Indianapolis Pacers



Damion Lee - Phoenix Suns



TJ Warren - Phoenix Suns



Will Barton - Toronto Raptors

MEDIA FEATURES



Fox5DC-GoodDayDC

Benefits of Yoga for Athletes



ESSENCE Magazine

This Yogi Is Making Meditation And Wellness More Accessible By Bringing It To An Unconventional Place: Festivals



SceneNow

ZiZi Yoga: The Sudanese Yogi Bringing Wellness to Hip-Hop & the NFL



ABC7 - Good Morning Washington

Get Fit & Fight Hunger with ZiZi Hassan



Complex Magazine

Inside Dreamville Festival's Takeover of Raleigh, North Carolina



NBA.com

Denver Nuggets Live Workouts: Yoga with Zaineb "ZiZi" Hassan

CLIENT TESTIMONIALS



“Thank you! Thank you for your patience, your encouragement, your drive!!! It helps when your yoga instructor shares the same drive you have for getting better in all aspects of life!! She’ll never let you slack and she not scared to call you soft. Thank you, ZiZi had to shout the plug out who helping me get to where I want to be this offseason and during the season.”

Stefon Diggs

NFL, HOUSTON TEXANS



“ZiZi was my first private yoga instructor. We did private classes in small groups tailored to athletes, & even more specifically, football athletes. She was always very patient with us but also pushed us to the brink of our comfort zones in order for us to progress & see results. She has a true passion for the practice & was willing to work whenever & wherever. Not only did she improve my performance in the weight room & on the field but she completely changed my view on yoga and how it can translate and help athletic performance as well as mental health.”

Blake Countess

NFL, SUPER BOWL LVI CHAMPION



“Yoga with ZiZi is a great experience. My body feels great after each session. Yoga helps my tight muscles to loosen up. I felt a lot better on the practice field and the game field after my yoga sessions with ZiZi.”

Jamison Crowder

NFL, WASHINGTON COMMANDERS



Where mindfulness meets movement; work with ZiZi Yoga today and let's embark on a transformative journey together!