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**The Journey of “Change and Transformation” Continues**

**Yeşim Group, which has organized the Change and Transformation Festival in May for the past two years, extended the event into June this year due to high demand from its employees. The events, designed with a holistic health approach, continued with rich content aimed at increasing physical and mental awareness, in collaboration with Eflatun Yoga & Life School.**

Yeşim Group successfully completed the second edition of the “Change and Transformation Festival,” launched under the “Affection Support to Life” project to support the physical and mental well-being of its employees, with great interest again this year. The festival, which was initiated in May last year and held during the same period this year, was expanded to include June as a result of increasing demand.

Throughout the festival, Yeşim Group employees found the opportunity to rejuvenate both physically and mentally through activities planned with a focus on themes such as healthy living, mindfulness, and personal development. This special festival, which boosted participants’ motivation and contributed to their quality of life, was enriched with content supporting emotional resilience, stress management, and hormonal health, in addition to physical activities like yoga, breathing exercises, and meditation.

Following the high participation in May, events continued into June in cooperation with Eflatun Yoga & Life School. Instructor Burcu Saraçoğlu Aşan guided participants through conversations on “Well-Being Guidance” and “Physical and Mental Awareness.” Psychotherapist Dr. Cem Türkeş provided valuable insights on methods for coping with stress and building mental resilience in his interactive talk on “Psychological Resilience.” Additionally, the “Chair Yoga” session led by Yoga Instructor Zerrin Kaya contributed to physical relaxation with practical exercises applicable in the office environment.

Speaking about the June events, Burcu Saraçoğlu Aşan, Founder of Eflatun Yoga & Life School, said, “In today’s business life, maintaining the integrity of body and mind is more important than ever. Collaborating with organizations like Yeşim Group, which values the holistic well-being of its employees, is a great pleasure for us. It is truly inspiring to see that these festivals leave lasting effects on the participants.”

Dilek Cesur, Yeşim Group’s Corporate Communications Director, emphasized the significance of this special program, stating, “We consider every development and awareness initiative that helps our employees maintain their work-life balance as a great value. The significant interest shown in the Change and Transformation Festival demonstrates how accurate our vision in this area is. We plan to further develop this training program, launched under our ‘Affection Support to Life’ project, with new content starting from September and continuing until May.”

Through these activities created with the goal of contributing to the holistic well-being of its employees, Yeşim Group continues to make a valuable contribution not only to physical and mental health but also to corporate loyalty and sustainable motivation.