

# WORKPLACE YOGA



LUNCHTIME

FLEXIBLE WELLBEING

Pun intended! Access a natural state of balance mentally, physically and emotionally for a more joyful experience of life!  
***Practice mindfulness through the art of movement, stillness and breath awareness.***

# WORKPLACE YOGA

## FLEXIBLE WELLBEING

### PERSONAL WELLBEING

The workforce is the greatest asset in moving projects and services forward. Places like Google and a growing trend of new generation companies are embracing an atypical workplace and style. The one thing everyone is striving to

The truth is, satisfaction comes from a state of gratitude. Gratitude is not about being grateful for a house, a job, money or relationships.

Gratitude goes far deeper into a state of appreciation for our very essence, our very being.

Only when one is at peace within, can one's inner peace radiate outwards.

achieve is in TRUTH employee wellbeing and satisfaction. Research has shown performance is improved when we return to a more calm, centered and balanced state of mind.

*Never was a rash decision made in a state of calm. Our inner peace is now being*

called forth more so than before as our surrounding is shifting at a rapid pace and sometimes in unknown and unpredictable directions.

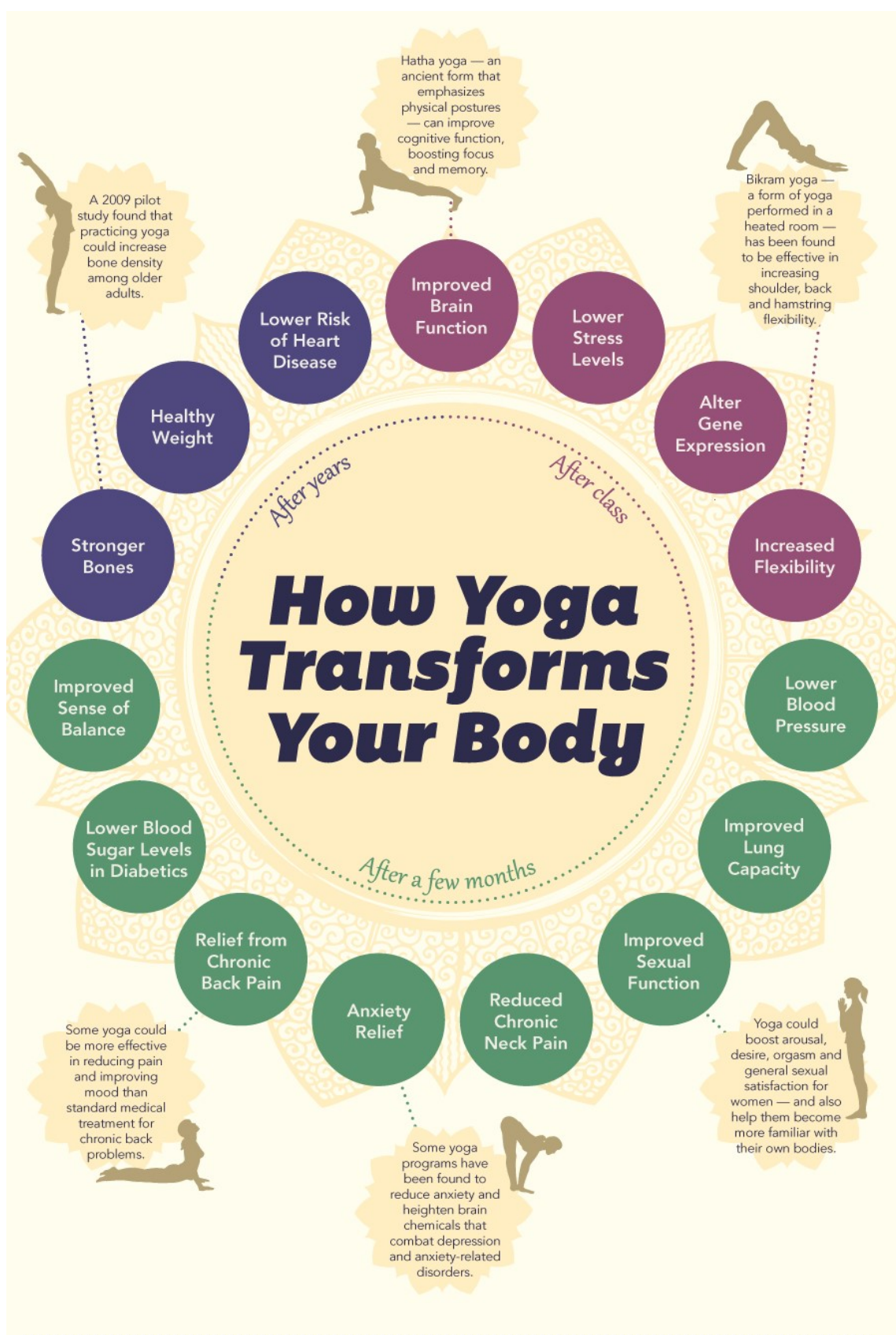
### Benefits | Benefits

Lunchtime or after hours, an hour of yoga is sure to invigorate the body, mind and spirit. The health benefits of yoga are numerous and easily available on a simple Google search. Here's a summary that puts it all together concisely.

Whether you are looking for better team spirit/chemistry, more focus OR to ensure general wellbeing; lunchtime yoga is a PRICELESS commitment to internal and external growth.

### LUNCHTIME YOGA

- ✓ It's uplifting & balances mind and emotion
- ✓ It increases mental clarity
- ✓ It provides a postural reset for the neck, back and shoulders
- ✓ It helps inculcate positive social time with co-workers
- ✓ Helps manage daytime snacking and the waistline



Sources: Studies by University of Illinois, University of California at Los Angeles, University of Oslo, Colorado State University, University of Pennsylvania, Ball State University, Harvard University, Charité-University Medical Center, Boston University, West Virginia University, University College of Medical Sciences in New Delhi, Temple University, Dr. Loren Fishman, Alan Kristal of the Fred Hutchinson Cancer Research Center, Integral Health Clinic in India  
Illustrations: Shutterstock

THE HUFFINGTON POST

**PACKAGES**

A full session involves a mindful practice of holding postures that impact and change the breath, calm the mind and tones and revitalizes the body – consequently emotions too. Each session is concluded with a practice of guided meditation/visualization and a breathing practice.

Corporate Health Program is geared as an incentive for employers to get involved in a radical change in corporate thought and practices.

Co-Worker Co-Yoga is an opportunity for workmates to get together to form a small group (minimum of 10 in group) for a session in a workplace premise with time allowance to engage in this enriching practice.

<b>CO-WORKER CO-YOGA</b>	
10 sessions (1 hour/session)	RM 270/pax Min 10 pax, Max 20 pax
Nasal Cleansing	FREE CLASS (1 session)
*participant to bring personal pot or can purchase one for RM12.00	
11 sessions	~RM24.50/pax/session

\*Nasal cleansing class is a special introductory offer only

**REQUIREMENTS AND WHAT TO BRING ALONG**

- ❖ **A ventilated room that accommodates 6 - 20 people easily**
- ❖ **Comfortable clothing (A SEPARATE SET FROM OFFICE WEAR)**
- ❖ **Yoga mats and showing up on the mat!  
(Please bring your mats or contact instructor for assistance in finding one)**
- ❖ **Willing to exchange lunch for yoga and enjoy an energized day ahead!  
(Do have a light meal after)**

## About the Facilitator



*A foundation in Psychology taught attention to detail, critical analysis, and a sound foundation in academic reasoning. **THOUGH** it provided many an adventurous academic exploration – **A FUN ONE TOO** -**HOWEVER**, it still came up short in life skills; and left a nagging sense of incompleteness within.*

*And so began Phase II of life into a decade of exploring yoga, meditation, hypnosis and self-realisation; which has offered an enriching **LIFE EXPERIENCE** to say the least.*

*Having a passion for writing and creative expression, came **INSPIRATION** in the ordinary.*

*Having a keen mind for self-enquiry, gave balance through **MINDFUL LIVING**.*

*Having practiced dance, yoga and a passion for healthy living – have truly read, researched and explored the body in most unique ways, and have a greater appreciation for this organic vessel that takes us through life.*

*In the adventurous exploration of it all – was an amassing a great number of experiences, skills, life lessons, and nice “**TRICKS**” that have been great life hacks.*

*It has been a blessed life, and having received tremendous lessons and gifts – it is a wonderful opportunity to share some of these **LIFE TRICKS** and **HACKS** to joyful living*

*Hope to be inspired by some new ones as we go along, **AND** watch as **WE** expand on these through a ripple effect.*

*And Yes, an Internationally Certified Yoga Instructor!*

*and Hypnotherapist too....but Shhh....let's not tell everyone about that.*