

Office Friendly Yoga
Program Course Option:

Work Clothes Yoga

No need to change;
this is yoga you can do
on a chair, in a suit.



Why

Yoga is known to have many benefits including managing stress, improving focus, supporting better sleep, calming the mind, releasing tension, increasing body awareness and boosting energy.

We aim to make yoga and its multiple benefits easily accessible to all and so this yoga program is designed to minimize disruption to the working day and is ideal for people who prefer not to change out of their work clothes or get too sweaty.

How

No tricky poses or challenging balances. This class will be chair based and focus on breath and simple movement. No mats required.

What you will learn

This program will guide people to:

- Connect with their breath and use it to increase body awareness and eliminate stress.
- Learn simple, effective poses that can be done anywhere.
- Focus on relaxing and opening key areas of the body affected by tension, poor posture and sitting for long periods of time.

All the benefits of a yoga class without changing your clothes.

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