

Office Friendly Yoga
Program Course Option:

General Yoga

A program tailored to the needs of the individuals in the group.



Why

Yoga has many benefits that support a better working life including managing stress, improving focus, supporting better sleep, calming the mind, releasing tension, increasing body awareness and boosting energy. It's easy to bring yoga into the workplace and everybody regardless of age, flexibility or fitness can do it.

How

Our yoga teachers will work with your people to ascertain their needs and tailor a practice to them. A range of poses will suit varying abilities and ensure everyone feels comfortable and can access the physical and mental benefits of poses and breath techniques.

What you will learn

Participants will be trained to use all the tools of yoga - postures, breath, mindfulness and meditation – so they can learn an appropriate practice that matches their needs and cultivates physical and mental wellbeing.

Contact:

Jessica Hobson
General Manager
via email at:

jessica@theyogafoundation.org.au

or phone 0414 379 473.