

Yoga, Mindfulness and Positive Psychology for Everyday Wellbeing

Bespoke workshops designed in response to the needs identified by organisations, delivered in their workplace and off site.



Why

Yoga and Positive Psychology practitioners share an evidence-based understanding of how to create conditions to enable individuals to flourish, realise their greatest potential, and fulfil their life purpose.

The Yoga Foundation design and facilitate mindfulness and transformational wellbeing workshops to individuals and teams, delivered on or off site.

Popular Workshops

Mindfulness for Everyday Wellbeing

This 1- to 2-hour workshop is designed to equip participants with an understanding of the benefits of mindfulness, skills to continue a regular practice anywhere, anytime, and optional biofeedback tools for monitoring stress and measuring.

Breakfast Club

A 3- to 5-morning, 2-hour workshop. Program includes yoga and mindfulness, a nourishing breakfast, and an inspiring while casual exploration of tools and practices to foster flow and creativity, revisit values, and rediscover meaning and purpose in work and life.

Professional Development Retreat

A 3- to 5-day retreat, only 90 minutes from Sydney, which can be offered independently or integrated with an organisation's existing professional development or training program.

All programs can be adapted to suit the experience and any specific requirements of the participants.

Contact:

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