



EMMA YOUNG
ENERGISE & DE-STRESS
WITH YOGA

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Corporate Yoga & Mindfulness

with Emma Young

Happy and healthy employees are the most valuable asset of a successful organisation.

Physical and mental wellbeing is the key to keeping your employees happy and healthy, making them feel more motivated and engaged, and leading to improved performance in the workplace.

Corporate wellness programmes are a proven way for forward-thinking companies to boost morale and productivity.

'Corporate Yoga with Emma Young' is a wellness programme, incorporating specifically designed techniques, developed to improve performance in the office environment whilst supporting the health and wellbeing of your workforce.

We will develop a schedule of energising sessions, delivered within your offices, and you will see the stress and anxiety lifted from your staff as a direct result.

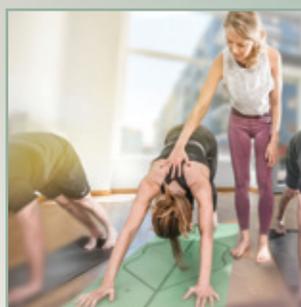
Work-related stress, anxiety, and musculoskeletal disorders now account for over 80% of employee absenteeism. Corporate Yoga will help to counteract these issues, bringing a health-conscious mindset to the office.



"Having worked in high pressure roles at global firms for over 10 years, I have developed a thorough understanding of what a business and its staff require from an exercise and stress-management programme."

Emma Young





What is Yoga?

Yoga has 3 main focuses: exercise, breathing and mindfulness. The word "Yoga" means to unite; it unites the body, the mind and the soul by combining physical movement, control of the breath and meditation.

Yoga has been proven to enhance overall wellbeing of your entire workforce:

- reducing stress and lowering cortisol levels in the body;
- correcting bad posture and easing repetitive strain;
- boosting immunity;
- reducing pain and muscle tension;
- calming the nervous system;
- preventing back pain and joint stiffness;
- strengthening key muscle groups;
- increasing flexibility and joint range of motion; and
- helping to manage depression and anxiety.

Arranging Yoga classes at work, makes people become more accountable for their personal health and wellbeing.

Programmes tailored to your working environment

Sessions can be scheduled before work to start the day on the right foot, at lunchtime to recharge the batteries, or after work to unwind. Emma Young will provide convenient Yoga classes in the workplace for busy professionals who understand that looking after their wellbeing is essential to maintaining high performance at work.

Corporate Yoga gets your employees up and moving and is a great way for you to give something back to your teams.

"As a highly trained Yoga teacher I guarantee that each and every Yoga class will leave you and your co-workers refreshed, focused and ready to deal with workplace stress."

Emma Young



What benefits can I expect to see from my employees?

Investing in Corporate Yoga will help to maintain a positive atmosphere that supports individual, and company success:

- reducing absenteeism;
- attracting and retaining top talent;
- improving focus and concentration;
- increasing productivity;
- enhancing creativity;
- improving decision making and problem solving;
- increasing employee confidence;
- boosting morale; and
- providing an opportunity to network.

Wellness programmes deliver a message to both potential job candidates and current employees that your organisation is an attractive place to work.

When your employees feel physically, mentally and emotionally well, morale will be high. When they are focused and energetic, productivity will be strong. When creativity is fostered, self-confidence will grow. All of this will contribute to a better employee – in job responsibilities, dealings with clients and interactions with fellow colleagues.

Frequently asked questions

Q. When should I schedule a Corporate Yoga class?

Classes can be scheduled before or after work or during lunch hours. Consider the culture of your business. Classes can run for 45 minutes or 60 minutes.

Q. How many people can you have in a class?

Normally we aim for 10-20 people. This is a comfortable number to allow for full interaction. We can run two successive classes in the mornings prior to work starting, or at lunchtime.

Q. What type of Yoga techniques do you recommend?

Classes with an emphasis on relaxation and breathing exercises aimed to calm the mind and the nervous system as well as focused strengthening and stretching where your employees need it most. Back pain, neck and shoulder tension are common ailments seen in the workplace.

Q. What do employees need to bring with them?

They will need to bring comfortable clothing and a water bottle. I can assist in the purchase of any mats when required.

Q. Where do Corporate Yoga classes take place?

Onsite classes are best held in conference rooms or meeting rooms. The room would be set up by myself based on the number of people in the class.

Q. Will you be available to speak to interested parties?

Yes, I am happy to discuss the benefits of Yoga and Mindfulness with any of your employees prior to or after lessons.

Q. Are beginners welcome?

YES. Lessons are designed for all levels. No prior experience is necessary.

Q. I'm not flexible. Can I do yoga?

Absolutely. You do not need to be able to touch your toes to practice yoga. Yoga is as much about building strength and learning how to relax as it is increasing your level of flexibility. All of these things will come with time and practice.

Q. What qualification do you have?

I am a Registered Yoga Teacher, accredited and fully insured by Yoga Alliance Professionals.

