

**WORKSTRONG.**

# **CORPORATE WELLBEING**

[www.yogastrong.co.uk](http://www.yogastrong.co.uk)



**Wellbeing is a vital part of successful businesses, small or large.**

# Meet Lucy, Founder of YOGASTRONG.

Lucy's goal is to help you drive growth, performance and staff retention by supporting your team with simple, practical tools to manage their health and wellbeing.

Lucy is a Yoga Alliance 500 hour senior yoga teacher. She is a certified in flexibility and mobility coach, breathwork instructor and meditation teacher.

Here are just some companies Lucy has helped introduce wellbeing to, or further strengthened their existing programs.



*never fully dressed*



# Why is wellbeing so important?

With nearly half the working population reporting close to burnout and over half considering leaving their job due to mental health reasons\*, wellbeing should be a top priority to all business.

An unhappy, stressed team, who don't have the tools to manage can lead to increased costs due to absenteeism, reduced productivity, less job satisfaction and mental health issues that can require an extended period off work.

We take the disciplines of yoga, breathwork, mindfulness and meditation and combine them with the latest scientific research to reduce stress and anxiety, improve sleep, and increase strength and resilience both physically and mentally to ensure employees can perform at their peak and have the tools to manage difficult situations and workloads.

\*Westfield Health 2022



**Wellbeing doesn't have to be boring, time consuming or costly. We offer short virtual sessions that work with your business needs.**



# What wellbeing options are right for your business?

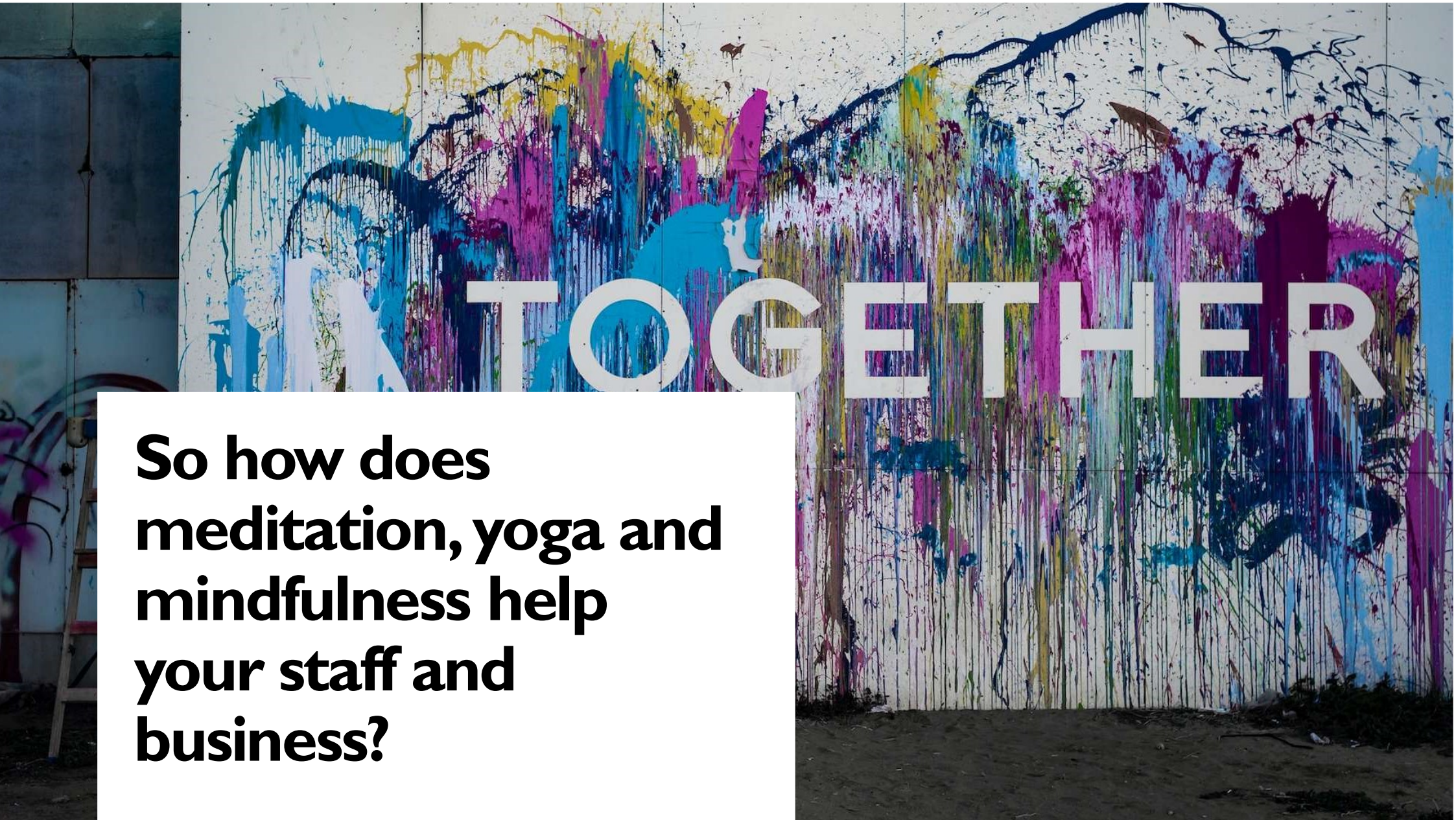
We understand the pressures and time constraints of businesses and can tailor a program that is right for your business and staff. We create our classes with busy, corporate professionals in mind.

We use tools and language that is inclusive and straight forward so that every single one of your employees can learn and grow. We know that in order to feel strong and resilient there is a need to exercise and look after the mind, the body and the breath. We work with all three of these principles to help your employees take care of their mental and physical health and wellbeing in a 360-degree way.

Classes can be held online, via Zoom, or onsite depending on your location or requirements.

With a range of different options, from 30-minute quick sessions seated at work, group in-person sessions to corporate wellbeing days, we can offer a solution that maximises impact and fits around the needs of your business.





**So how does  
meditation, yoga and  
mindfulness help  
your staff and  
business?**

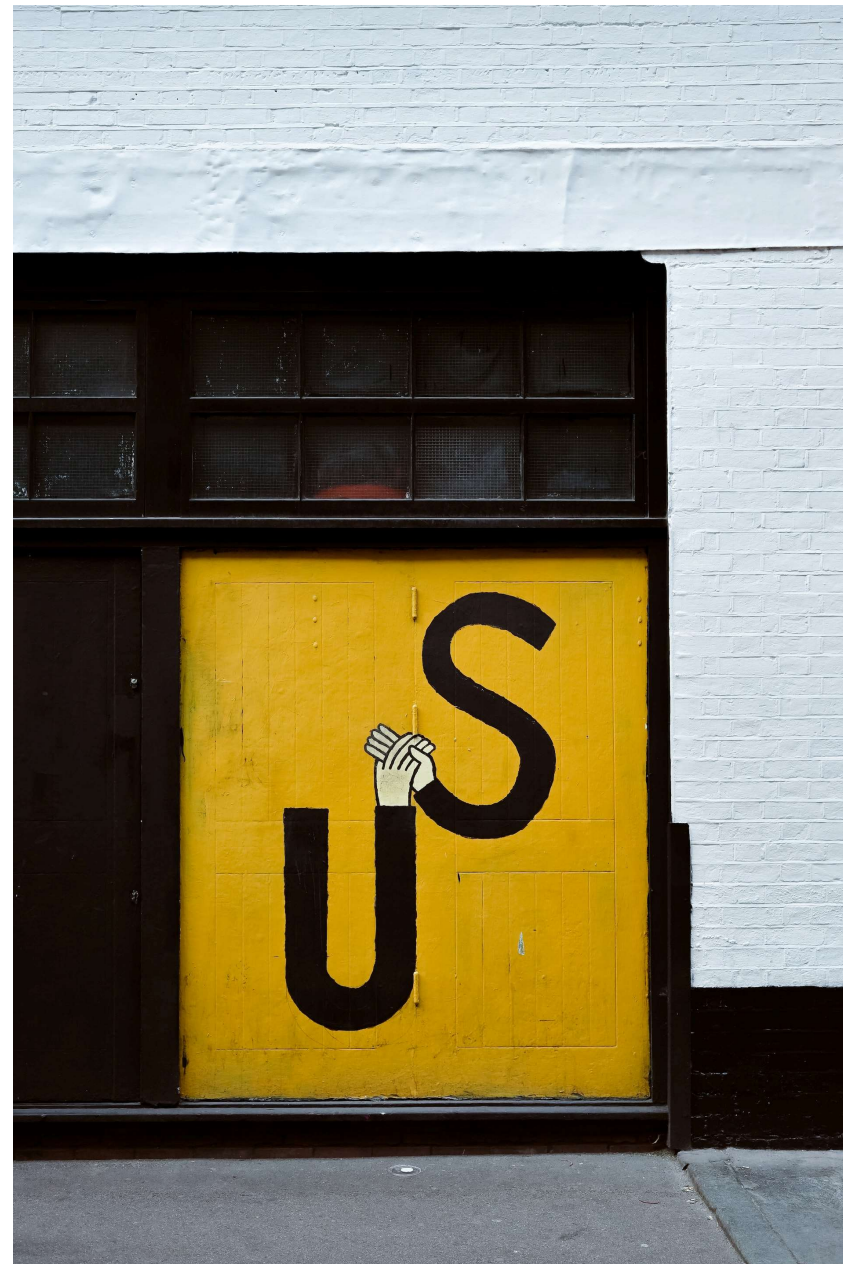
# For the mind

## Meditation Sessions

Meditation has incredible neurological benefits from altering grey matter volume to stress reduction, improved focus and increasing creativity. In a 2016 study, 35 test subjects practiced mindfulness meditation to handle life's stressors. After four months, subjects showed higher levels of brain connectivity and lowered inflammation in the body. Sessions are led by Lucy and can be written around specific topics.

## Mindfulness Sessions

Learn helpful and practical mindfulness techniques to help live with less stress, increased focus and greater happiness. Lucy will use themes such as boundaries, stress reduction, working from home, emotional intelligence and more to give your employees the tools they need to live with more intention and a greater sense of wellbeing both at the office and at home.





# For the body

## Mat Yoga Sessions

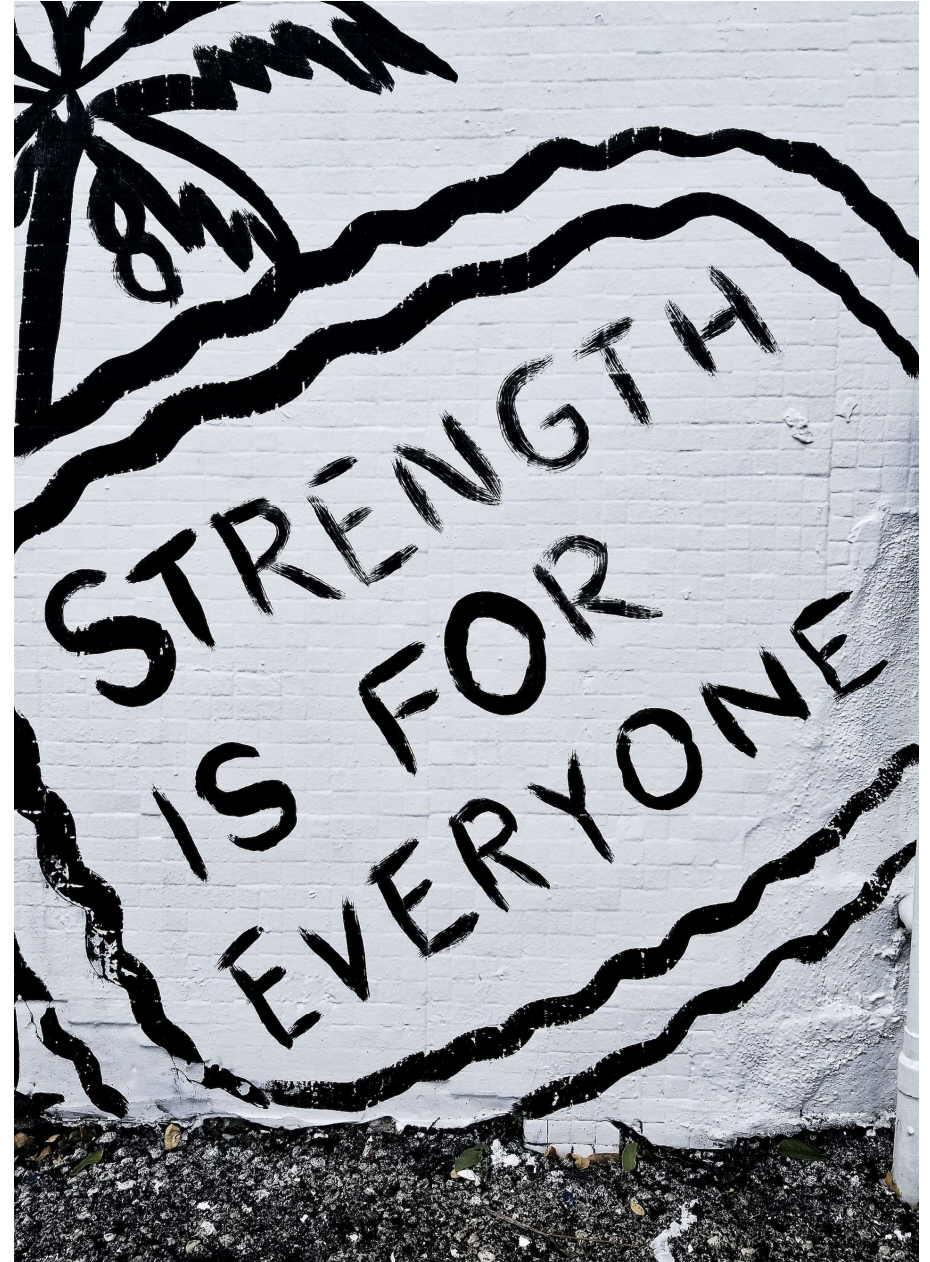
Yoga is an incredible tool for reducing stress within the body. Your employees will roll out their mat and be encouraged to step onto it leaving the to-do list behind them. They will be guided through a class that will release tension, improve mobility and increase feelings of energy and wellbeing.

## Chair Yoga Sessions

These sessions are designed to be done at the desk. Learn how to stretch it all out from the comfort of your chair releasing tension and reducing pain and discomfort in the back and shoulders.

## Stretch & Recover

A unique system of targeted flexibility and mobility training combined with breathwork to release tension in the body and the mind.



# For the breath

## Breathwork Sessions

Your breath is the most powerful tool you have when it comes to managing your wellbeing. Learn all about how the way you breathe will affect the way you feel and how to maximise your breath to positively influence your body and your mind.

### Popular breathwork sessions include:

Stress Reduction, Sleep, Menopause, Anxiety and Digestion





# **PRICING**

# What are the options?

## Live Virtual Classes

### 30–45-minute classes

Eight Week Program (1 per week)	£480 - £640
Four Week Program (1 Per week)	£320 - £400

### One-off wellbeing talks

45 minutes	£275
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## Onsite sessions

We also offer a range of onsite sessions from 45 mins to half days. All companies have different needs, so please contact us to discuss how we can tailor onsite solutions so that we can provide pricing options

## Zoom Info

A link is sent to all attendees (up to 500) and a full HD recording is saved in your own company branded library on [yogastrong.co.uk](http://yogastrong.co.uk). Every session will be added so that you build your own wellbeing library. All sessions can be accessed anytime via phones, tablets or PC to build into your weekly routines. Classes are preferably live, but recordings can be provided instead if preferable.





THANK YOU

## Get in touch

To discuss one of our existing packages or to tailor a program specific to your business, please get in touch.

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07702 667 005

[www.yogastrong.co.uk](http://www.yogastrong.co.uk)

# What do our clients say?

## Urban&Civic plc

"Lucy tailored our corporate event to fit us perfectly, as we had beginners as well as more advanced members taking part. She was very warm and welcoming, and everyone who took part in her yoga classes loved every minute of it. We will absolutely be looking to use Yoga Strong again in the future!" - **Hannah Craig**

## people CORPORATION\*

"Lucy delivered two wellbeing sessions to our senior team specifically focused on breathwork during a time of high stress within the team. The sessions were extremely helpful, educational and delivered in a really clear and concise way. Lucy is extremely knowledgeable, and she gave the team lots of tools to help them proactively manage their own wellbeing. Lucy recorded the sessions for us, and we use the videos all the time to revisit the techniques she taught us. The sessions helped enormously. I would highly recommend Lucy to any business." - **Annie Ropar**

## OSiT OFFICE SPACE in TOWN

"Lucy is a wonderful yoga teacher. She held weekly yoga sessions for our clients, and they were a highlight of the week. The classes taught us how important it is to make time to step away from the desk and move and breathe. Lucy is knowledgeable and professional, and her classes were always accessible, fun and informative. I would highly recommend YogaStrong for corporate yoga and wellbeing." - **Amelia Woolley**

