

YOUR WELLBEING GOALS: YOGA AND RELAXATION



Prioritising your wellbeing: Yoga, Relaxation, and Creative Mindfulness Workshops

Our series of workshops can provide a variety of benefits to physical and mental wellbeing, giving you the opportunity to unwind, decrease stress levels, enhance your posture, develop focus, and improve your overall wellbeing.

Take a moment to consider your wellbeing goals and discover the variety of workshop options we offer. With so many choices, you're bound to find the perfect fit for you.

1. Which of these areas of wellbeing are you most interested in improving? (tick all that apply)

- Physical health and wellbeing
- Mental health and wellbeing
- Social wellbeing
- Workshops and opportunities to learn new skills
- Other (please tell us more).....

2. Which of these workshops appeal to you to help support your wellbeing in the workplace? (tick all that apply)

- Yoga on the Mat
- Seated Yoga
- Guided Relaxation
- Line Drawn Mandalas
- Mindful Drawing

3. How would you like to access this wellbeing support? (tick all that apply)

- Live remote workshops via Teams/Zoom
- Pre-recorded sessions to watch
- Other (please tell us more).....

4. When would you like to be able to access workplace wellbeing initiatives and programs? (tick all that apply)

- In my own time
- In my lunch break
- At a dedicated time in the diary
- Other (please tell us more).....

5. What would help you to access the wellbeing offer? (tick all that apply)

- Workshops of varying length to fit in around work schedule
- Keep workshops to the same date and time
- Vary the date and time of workshops
- The option to watch a video recording
- Attending live sessions with colleagues
- Other (please tell us more).....

6. Is there anything else you want to add?

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WHAT'S ON OFFER:

01

Yoga on the Mat

Experience the calming benefits of hatha yoga with these gentle classes, which include a breathing practice, yoga flow, and guided relaxation.

02

Seated Yoga

If you're looking for a way to relax and unwind without leaving your desk, or want a more accessible option, try out these gentle yoga stretches. Classes include breathing practices and guided relaxation.

03

Guided Relaxation

Take a break from the stresses and tensions of the day. You'll be guided through steps to calm your mind and body, leaving you feeling refreshed and peaceful.

04

Line Drawn Mandalas

Discover the art of drawing mandalas in this workshop.

This meditative art form helps quiet the mind and bring focus to the present moment.

05

Mindful Drawing

Relaxing breathing techniques are combined with fun pattern and doodle creation, allowing you to focus on the present moment while enjoying yourself.