



## YOGI2ME CORPORATE WELLNESS

We send vetted yoga and wellness teachers to your office to bring yoga and happiness to the busy bees.

We offer all yoga and meditation types for all levels whether it be an energising vinyasa class or a clamming yin class to get your zen on.





## VINYASA YOGA

Vinyasa yoga is one of the most popular styles among yogis of all experience levels. It works on a combination of breath-work and movement with a consistent flow of different poses. If you have the tendency to let your mind wander, then vinyasa yoga is right for you as the flow allows you to stay focused as it is all about variety. It will push your limits no matter what level you are at in your practice and it also gives you great cardio!



## YIN YOGA

If you are tired and in need of an energy boost, over-stimulated and have too much energy or your mind is spinning then yin yoga is for you.

Yin yoga consists of a series of long-held sitting postures, mainly working on the lower part of the body which is especially rich in connective tissues. It is proven to help calm and balance the mind and body, reduce stress and anxiety, increase circulation and flexibility and improve joint mobility.



## HATHA YOGA

Hatha yoga can be a great introduction to yoga as it includes breathing and posture exercises. Whilst it doesn't provide a cardio workout like vinyasa yoga, hatha yoga focuses on details and alignment through posture and breath. It will leave you feeling more relaxed. Hatha classes are a great way to get started with your yoga practice.



## HIIT YOGA

Craving the calorie burn, endorphin release and downward-facing dog all in one go, HIIT yoga is for you. HIIT yoga combines intense cardio intervals which are broken up by yoga movement and poses. HIIT yoga is both challenging and rewarding with the combination of cardio and yoga burning calories in half the time. Great for your bums, tums as well as all benefits which regular yoga brings to your lifestyle.



## CHAIR YOGA

Chair yoga is accessible to all however particularly appealing to those who cannot stand, lack the mobility to move or for those who are simply chained to the desk in the office! Chair yoga sees the most common movements and poses in yoga being adapted so they can be practiced whilst sat down. It's a great way to practice yoga at the office without breaking a sweat!



## THAI YOGA MASSAGE

Thai yoga massage is a combination of acupressure, reflexology, assisted progressive stretching and yoga. The teacher uses hands, feet and elbows to apply pressure on the energy lines whilst the student simultaneously stretches along with yoga poses. It is known to treat ailments such as headache, knee pain, back, shoulder and neck pain and premenstrual tension. It is especially effective for numbness or loss of feeling in conditions such as Multiple Sclerosis, or after a stroke, and can help with pain relief during labour.



## MEDITATION BREAK (30MIN)

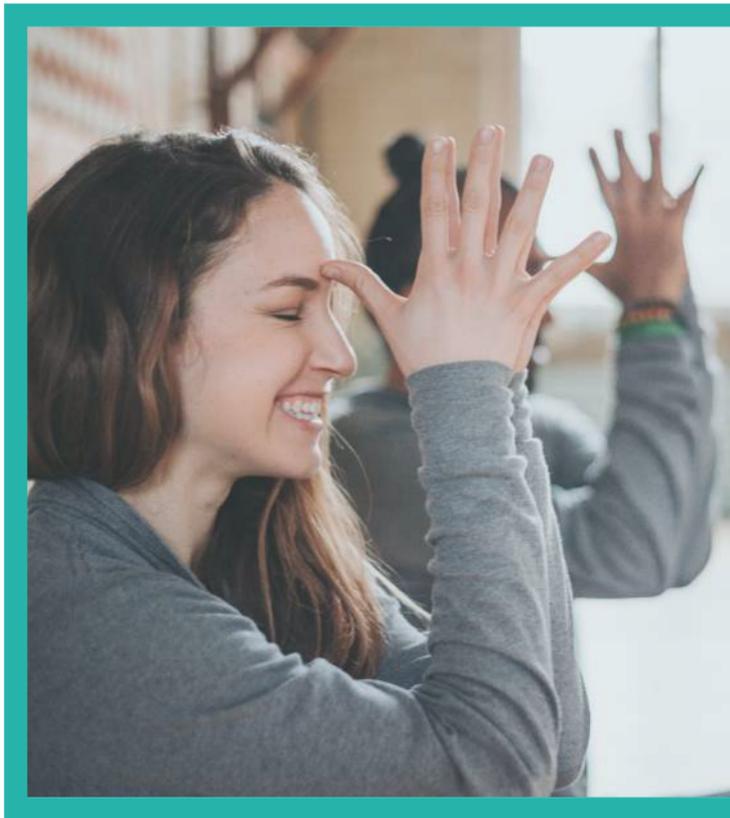
Practice a simple and straight forward meditation to allow you to expand awareness, remove built up stress and establish a deep state of rest, calm and ease in the body. There are many types of meditations which can be practiced, all of which are easy when guided by one of our experts. Turn the volume down and take a mental break to expand your mind and awareness.

## SOUND HEALING MEDITATION

Sound healing is a great way to ease your way into meditation and learn how to establish a meditation self-practice. The meditation technique is simple, agnostic and accessible to all. If you believe you can't meditate, then this session is for you! You will experience a deep sense of relaxation, de-stress your body & mind and expand your awareness. Each session is hosted by a sound healer using crystal and Tibetan bowls allowing participants to experience the power of sounds and trigger the delta and theta brain waves for a deep meditation.

## THE PURE GONG BATH

Ease your way into meditation by getting gonged! Taking a Gong Bath has a great impact on internal healing by creating deep levels of mental calmness and harnesses positive vibrations which have been known to reduce stress, anxiety, chronic pain and sleep disorders. The gong triggers the delta and theta brain wave states, which are the slowest brain waves in humans. We tend to reach these states during daydreaming or deep sleep, and they are known to aid relaxation, creativity and natural healing.



## MINDFULNESS AND HAPPINESS TALK

Yogi2Me Founder, Sarah, talks about science based facts surrounding mindfulness and happiness. The following themes are covered in the talk:

What is happiness and mindfulness, what it is not

The five functions of the mind

3 easy practices that will change your life

Expect science-backed tools that will deliver immediate results!



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