

Corporate Yoga

How do we start?

Our workplace yoga services are flexible enough to be delivered on or off the yoga mat. If you don't have the time or space to hold a complete yoga class, allow us to customize a program for your company or choose from the offerings listed below. You can still enjoy all the benefits of yoga at work with specialized workshops, stretch breaks, or yoga sessions designed to be done in a chair or at your desk. There are a myriad of wellness programs available. Cost depends on location, type and duration. Please call or email me for a quote or [Contact Rishma](#) for a complimentary consultation to discuss setting up yoga in your workplace

Corporate Yoga & Office Programs

'On The Mat' Yoga Classes (30 minutes to 1 hour)

It's surprising how little space is needed to have a regular yoga class on mats. To accommodate 6-10 people, 250 square feet is optimal. A meeting room, swept lunchroom, or empty office space can turn into a yoga studio quickly by simply moving a few chairs and tables. Offering employees a regular weekly yoga class either before work, at lunch, or after work, is a convenient way for them to reap the benefits of taking time for themselves to get clear, focused and release stress. **These sessions will focus on** stress relieving, reviving, yoga postures and relaxation practices to relieve tension with options for various levels of fitness. Done in workout clothes on Yoga Mats.

Desk Side Office Yoga (30 - 45 minutes)

One of the most convenient, effective and inexpensive wellness programs to offer employees is Office Yoga. No equipment or fitness room is needed. Participants sit or stand beside their chair while doing Yoga. It can be done in regular business attire in a meeting room, large office, or even an open cubicle setting. Routine includes **Pain and Strain Relief techniques:** specific arm, hand and shoulder stretches to counteract the **repetitive strain** of the long hours spent at computer. Guided breathing techniques to release mental and physical stress and tension. Modified yoga postures get the blood flowing and the body limber by loosening up areas in both the upper and lower body that become tight from sitting at a desk. Simple chair and desk Yoga practices that can bring relief to the neck, shoulders, wrists, lower back, and hips will be emphasized. Employees will return to their desks sitting taller and feeling more **engaged** and **energetic** after the session.

You can choose to have Office Yoga on a regular, semi-regular, or one-off program. It can be offered on a weekly or monthly basis, during a Wellness Fair, or as a scheduled break during a conference or long meeting.

Workplace Workshops or Wellness Fairs (30 minutes to 2 hours)

Are you having a special period of health promotion activities? Are you organizing a conference, seminar or long meeting? Why not schedule a break for a bit of yoga? These can be done in a chair or on a mat. Here are some examples of what we offer:

Stress Transformers - simple movements and breathing exercises to release stress and tension. These techniques can be used between sales calls, meetings, and moments before presentations.

Energizer Yoga - revitalize during a long meeting or seminar. We will teach you how to RECHARGE your physical body and clear your mind so you can focus on energy in motion and achieving results.

Yoga for Lower Back, Neck and Shoulders

Yoga for Carpel Tunnel Prevention and Relief

Rishma has taught Corporate Yoga classes at the following companies and organizations: Rogers Television, Adidas Head Office, Shaftsbury Productions, and the Newcomer Agency.

Corporate Yoga Benefits

Reduces Absenteeism: Corporate Yoga revitalizes the immune system and the major organs of the body, removing waste products such as alcohol up to three times more quickly. Improved immunity means less workdays lost through colds, fatigue and other non-specific illnesses.

Reduces back pain: An extensive number of sick days are lost because of back pain each year in Australia. The stronger, healthier backs that result from a regular yoga practice will significantly lessen the number of days missed in your company. Count them.

Faster response time: By training you in the art of single pointedness, yoga immediately improves mental concentration and focus.

Improve problem-solving skills: Yoga harmonizes the left and right sides of the brain so logical and creative thought come together as one. Flashes of inspiration should become increasingly common.

Ability to Stay Calm: Tightening deadlines, conflict and other stresses will lose their grip as you learn to breathe and stand your ground.

More Energy and Vitality: Yoga awakens hidden reserves of energy within your nervous, endocrine and cardiovascular systems so drowsiness and fatigue are replaced by alertness and aliveness.

Feel Happiness: Yoga physiologically transforms apathy and depression by oxygenating the brain and increasing the endorphins in the blood.

Team Building: Taking yoga classes together is a way to build better communication and trust between members of a team and even have fun.

And Much More ...

Contact Rishma for a complimentary consultation to discuss setting up yoga in your workplace

Website: www.rishmayoga.com/contact-rishma

Phone: (416) 508-8898