

YOGA FOR YOU

YOGA FOR THE OFFICE

A 6 WEEK COURSE TO INCORPORATE YOGA AND
WELLNESS INTO THE WORKPLACE



SOPHIA EVELINE

ABOUT SOPHIA

Sophia is passionate about self awareness, alignment, movement, and connection. She discovered yoga as a way to channel each of these aspects into the present moment. As a teacher of Yoga, she acknowledges how unique each and every body is and holds space for others to explore their own mind, body, and spirit.

Sophia completed a Diploma in Yoga at Wellpark college which heightened her interest in different non-physical and physical aspects that contribute to health and wellbeing. This led her to the Institute for Integrative Nutrition (IIN) where she completed her training as a Health Coach. As a learning enthusiast, Sophia continues to deepen her knowledge through both internal and external inquiry. She is now a Yoga New Zealand registered teacher (+ REPs) and Natural Health Practitioners (NHPNZ) registered Health Coach.

Through her experience, Sophia has developed an understanding of the interconnectedness that exists within life and she brings this approach into both her personal and shared practices. Her approach to teaching is gentle and functional, focusing less on how the body looks and more on how it feels.

Within her offerings, she includes teachings from the Law of Attraction to encourage the ideas of openness, empowerment, and living with intention.

[Click Here](#) to read more about Sophia.



ABOUT "YOGA FOR YOU"

Yoga for You is about highlighting the versatility of yoga and how everyone can access the beneficial teachings. Yoga is rooted in India, however, many of the concepts within yoga are universal. The aim of *Yoga for You* is to demonstrate how it applies to you, so you get to experience the wonderful qualities that can arise out of its practice. Over time with experimentation and practice you will find your practice, and that is what matters. Allow room for this to evolve and change.

As a foundation,
embrace the unknown,
be kind to yourself,
and focus on what feels good.

You are not too flexible or too inflexible.
You are not too strong or too weak.
You are you.
And yoga is created for you.

Get in touch for more details and set up a video call with me to discuss options.

CONTACT DETAILS:

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WHY YOGA IN THE WORKPLACE?

With the increase in office work and technology, sitting for prolonged periods has become more and more common. These long hours of work and sedentary lifestyles contribute to the stresses, anxieties, and depressions that seem to be becoming more prevalent in modern society. While sitting is natural for the human body, anything that is overdone has the potential to create imbalance. It is important to have clear communication between you and your body to understand when it is time to find movement.

Yoga offers tools of movement, intention, and self-awareness so you can practice communicating and understanding what your body and mind need at any given time. Practicing yoga can connect you back with your mind, body, emotions, and spirit – all of which are essential in living a healthy life.

This six-week course is an **introduction for you to understand how you can apply yoga into your daily life at home and around the office**. We will start the week off with a 45-minute* class that follows a particular theme (see 'course outline'). Later on in the week we will have a 20-minute* refresher where we will go through applications to daily life and how you can bring the qualities from that weeks class into the office and at home. You will be provided with a handout that includes key points from the weeks learning, a structure you can follow for regular practice, as well as additional resources that invite you to deepen your understanding.

With regular practice and intentions you can receive many benefits in relation to your mind, body and emotions.

**Class times are confirmed upon discussion*

BENEFITS & WHAT YOU WILL NEED

Benefits of Corporate Yoga:

- Improved Focus & Productivity
- More Energy & Engagement
- Reduced Stress & Anxiety
- Improved Posture
- Relieved Back & Neck tension
- Increased Flexibility & Strength
- Deepened Self-awareness
- More Enjoyment & Satisfaction
- Overall Improvement in Mental, Physical, and Emotional Health

It is important to note that everyone is different and so each experience will be different. This list of benefits is generalised so may or may not apply to any given individual.

Although the this course aims towards reaching office workers, the practices offered throughout these 6 weeks have universal application. It is a wonderful way to create connections and build relationships within the workforce and beyond the workforce.

Equipment you will need for this course:

- Yoga mat (or exercise mat of your choice)
- Cushion or folded blanket
- Chair/wall

I am aware not everyone has access to specialised yoga equipment, so I suggest generalised items. If you do have yoga equipment, such as a block, strap, bolster, then feel free to use these.

COURSE CONTENTS

This course includes:

6x 45* minute Live Online Yoga Class

Each week, for 6 weeks, we will practice Yoga together in an online class. Every week will explore a different theme (see themes on page 6 & 7)

6x 20* minute Live Online Application Yoga Class

Following the themed yoga class we will explore how you can bring the qualities from that class into your day-to-day life at work and at home. This gives you the tools and practices from Yoga to create a sustainable routine and lasting change in your life.

Exercise & Resource Booklet

In this 20+ page handout you will receive exercises you can do in the office and at home to give you guidance in bringing Yoga into your life. Included are additional resources and external links to help your gain clarity and further your interest in Yoga and spirituality.

Unlimited Email Support

Email support for all staff members during these 6 weeks. I will be available to ask any questions and give guidance for more specific needs.

Bonus: 20 minute Inner Silence Meditation

In this additional audio recording you will be taken on a journey into your mind to explore the space that exists within you at all times. This is a great tool to practice together as a workforce, or individually.

Bonus: 10 minute Breath Awareness Meditation

In this recorded video you I will guide you in connecting to your breath and explore all the different areas your breath can move to. This is a practice that offers you insight into how you breathe and where your breathe. Begin with awareness and let that guide you towards lasting change.

*Class length open to change to suit your needs.

COURSE OUTLINE

Week 1:
Core Stability
Date: TBC

Our core influences our digestion, stability, and most movements within our body. This week we are focusing on building our mind-muscle connection to the core.

We will practice awareness and control over the different muscles so that when you are sitting at your desk you can maintain integrity and strength in your centre. With regular attention and practice this will help improve your posture long-term. Our core is the foundation so each following session will build upon this and explore the ways in which we can apply the foundation.

Week 2:
Hip Opening
Date: TBC

When seated for long periods of time we can develop a lot of tension and stiffness within and around the hips. This week we will be practicing movements to open the hips to give you more comfort and mobility in the surrounding areas. We will explore active and passive, static and dynamic stretching to offer the most effective results in building sustainable flexibility. I will offer you practices you can do regularly at your desk to maintain this ease.

Week 3:
Hip Stability +
Glute
Strengthening
Date: TBC

It is common for certain muscles in and around our hips to deactivate with lots of sitting. This can contribute to the growing back pains (especially low back) that society is experiencing. This week we will practice activating these muscles and delve into how you can bring it into your day to maintain strong and stable hips. This will also support you in other forms of exercise such as walking, sports, running, and weightlifting.

COURSE OUTLINE

Week 4:
Chest + Shoulder
Opening
Date: TBC

This week we will practice opening the front body to counteract the habitual forward movement of the head, neck, and shoulders that has become so common in this technological age. By creating this space we invite our breath to deepen and encourage tensions around the heart space to be released. We will practice mobilising the areas around the shoulder girdle to offer you more flexibility. This prepares us for next week's strengthening of the back body.

Week 5:
Back + Shoulder
Strengthening
Date: TBC

Building strength in our back and shoulders will help maintain that opening through the chest from the previous week. Mobility and strength work hand in hand. Through a chronic slumped position certain muscles in our back that maintain an upright position can become weak and/or overstretched. To counter this we focus on building strength in these areas. In doing so we develop mind-muscle connection and awareness of the body so that we can self-check without the need for external reminders.

Week 6:
De-stress
Date: TBC

Sedentary work can bring stress to the mental, physical, and emotional systems. Just as it is important to find movement it is equally important to find inner stillness. You may sit for much of the day, but your mind is busy whilst your process information and focus the mind on work. So, for the last week we will practice becoming an observer to the mind, body, and emotions. These practices will be the key to finding balance within a stressful lifestyle. You will be offered practices you can do at home or at your desk to maintain a calm, centered, and balanced state.