



Workplace virtual yoga & well-being

YOGA MAPP WORKPLACE WELLNESS

2021/2022 tailored programmes

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Take time to prioritise your wellness

INTRODUCING VIRTUAL YOGA & WELL-BEING FOR EVERYONE IN YOUR WORKPLACE

The aim of our programmes is to support the overall well-being of your workplace. We invite you to work with us to create weekly live yoga and wellness sessions virtually or in-person, with a range of qualified teachers brought to you by Yoga Mapp.

We tailor our programmes based on your feedback. This includes gaining employee feedback, scheduling wellness classes around the work schedule and offering sessions to help with anxiety and stress management, strength and flexibility. Each week attendees will have the opportunity to join a dynamic workout and a relaxing mindful or low impact session with a range of approachable teachers who are committed to helping you improve your physical and mental health.

Hi, I'M SHRUTI

As Founder of Yoga Mapp and 15 years' experience working in the legal and recruitment industries, I now work with experts across yoga, fitness, mindfulness and nutrition to create enjoyable, impactful and memorable programmes that will not only help promote well-being in the short term, but provide your teams with tools and knowledge that will empower them to take responsibility for their health. , I'm pleased to provide you with tips on how to prepare for a programme and the Glossary of Styles on page 7 provides further information about each session.

I hope that you not only take this time to prioritise your wellness, but that you also enjoy trying a variety of group yoga and well-being sessions with your colleagues. With digital fitness here to stay, we're excited to be collaborating with organisations in these sectors to bring our expert teachers to your workplace, wherever that might currently be around the world.

Wellness at home starts here



WELCOME TO YOGA MAPP

Yoga Mapp is an online platform that helps to easily find and book a variety of virtual yoga and wellness sessions with independent teachers. Relieve stress and improve your mental and physical health by booking sessions that are personalised to your needs.

Yoga Mapp was created during lockdown in August 2020, inspired by teachers from around the globe who moved their classes online and continued offering yoga and mindfulness to the world, when we needed it most.

OUR MISSION

It's our mission to empower everyone to enjoy the practice of yoga and well-being, wherever you may be at that moment in time.

We help break down the barriers that make it intimidating and connect you to teachers who are knowledgeable and approachable at the same time.

Now in 2021, Yoga Mapp offers organisations personalised live yoga and well-being programmes to help support a more resilient workforce for a more positive mindset, stronger body and a healthier team spirit.

HOT OFF THE PRESS

In January 2021, Yoga Mapp was named What's Hot Right Now by YOGA Magazine, the leading global yoga magazine and the teachers listed as "experts" by Metro.

CONNECT WITH US

- For more information, visit yogamapp.com or follow our journey on Instagram @yoga_mapp
- If you have any injuries, medical conditions, are pregnant or would like to chat to a teacher before your session, email support@yogamapp.com and we can arrange a call in confidence

What you'll need



TIPS TO PREPARE FOR EACH SESSION

- ✓ Please ensure you've forwarded on your Workplace Wellness Intake Form and Waiver to the Graduate Recruitment team so that we can share with your teachers. If at any point you'd like to speak to us about any health concerns, or injuries, don't hesitate to contact your Graduate Recruitment team member or email support@yogamapp.com
- ✓ Gym gear or comfortable loungewear is recommended
- ✓ It's recommended that you don't eat anything at least two hours before each session
- ✓ Stay hydrated and drink plenty of water before and after class and take small sips if you need to during the sessions
- ✓ Whilst we do recommend that you keep your camera on so that your teacher can offer helpful verbal cues to guide you through your session, we appreciate some may prefer to practice with cameras off initially. Neither Yoga Mapp nor the teachers hosting your sessions will be held responsible for any injuries with cameras on or off
- ✓ Log on to class through a different Zoom link for each session between 5 and 10 minutes before the session starts, particularly if you have any questions about the session or would like to have a quick chat with your teacher
- ✓ Ensure the space around you is hazard-free
- ✓ You may not be granted entry if you're running late. If you are able to join, please ensure your microphone is on mute to respect the wellbeing of others
- ✓ Use the chat function on Zoom to ask any questions along the way. or if you need assistance from your teacher at any time

Glossary of example styles



BREATHWORK

Evidence shows that taking deep breaths can lower your heart rate, regulate blood pressure, and help you relax, all of which help decrease how much of the stress hormone cortisol is released into your body.

Breathwork coaches and yoga teachers guide you through a variety of modern and traditional yogic breathing techniques, known as "Pranayama" in Sanskrit, leaving you feeling calm, balanced and energised for the day ahead.

HATHA YOGA

This style of yoga combines breathing, exercises and meditation to help bring a sense of calmness to the mind, improve flexibility, strength, tone and promotes relaxation within the body. Suitable for all levels, from beginners to experienced practitioners,

MEDITATION

Evidence suggests meditation can reduce blood pressure and anxiety and is the perfect way to end or start your working day, as you create awareness, train the mind and experience mental clarity.

TAI CHI

Tai Chi is a sophisticated art form based on martial arts. Classes are easy to learn, effective and safe. Even after one class, you'll experience an integration of mind and body, develop a quiet mind and a slower pace, following which you will start to improve your concentration and focus. . There's no rush in Tai Chi!

VINYASA FLOW YOGA

Vinyasa Flow Yoga is an energetic yoga style where you'll move from one posture or 'Asana' in Sanskrit to another in fluid motion to the next whilst connecting your breath with movement. There is a more physical aspect to this yoga style and our teachers are passionate about offering alternatives for varying body types as well as more challenging variations if you're in the mood!

Move more, feel better



FOR HIIT

Kettlebells or weights would be handy for greater intensity but not a necessity.

HIIT is best practised with trainers on or a yoga mat for grip and support.

FOR YOGA

We would love you to enjoy both the dynamic as well as relaxing aspects of yoga and whilst yoga mats are highly recommended for grip and comfort, they are not an absolute necessity for your first few sessions.

If you do not have a mat, grab a towel. You might also find it helpful to have the following props handy:

- strap or tie
- cushions
- blankets
- yoga blocks or a couple of books for support

FOR PILATES

You might find it helpful to have the following props handy:

- yoga mat
- strap or tie
- yoga blocks or a couple of books for support

Elevate your practice

YOGA AT HOME ACCESSORIES

- We're delighted to offer Yoga Mapp cork blocks, available to purchase for £18.99 plus P&P per block
- Email support@yogamapp.com and we can help you make your purchase

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