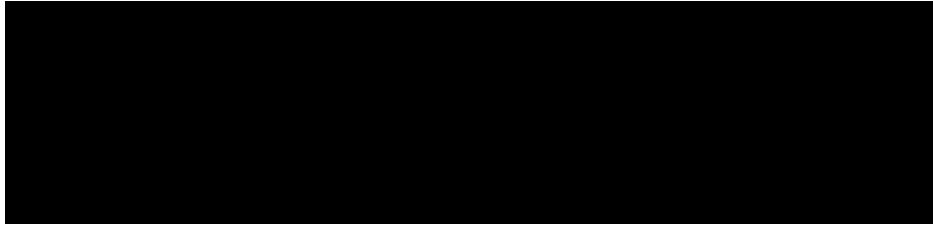
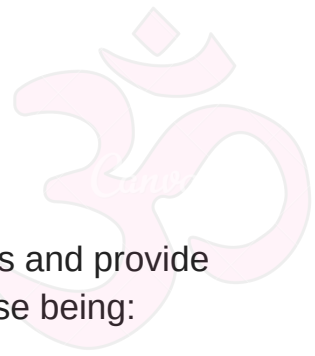


# Corporate Wellness Day,



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## Aim

Wellness days conducted by Irish Yoga Girl aim to revitalise employee's and provide education around three key areas of physical and mental wellness, these being:

- Yoga
- Mindfulness
- Nutrition

## Method

The day will begin with a 90-minute Yoga and Meditation session. Designed for beginners this Yoga session will be an introduction to Yoga, with more focus on fun rather than a serious practice. Attendees will be partnering up and using unique props for some entertaining poses, finishing up with a calming meditation.

Straight after there will be a "Pimp My porridge" relaxed breakfast, where attendees will have a vast choice of options on building their own porridge. Learning that with a little imagination, porridge can be a fun, cheap and healthy way to start the day.

After relaxing the body and having some revitalising food, Irish Yoga Girl (AKA Laura) will talk about her corporate and fitness journey, the importance of finding a balanced lifestyle, and what she wished she knew before she left the corporate world. Additionally, explaining what will be happening in the afternoon sessions.

Lunch - This is the main break of the day, where the attendees can get their lunch.

After lunch, a nutrition workshop based around meal planning. This is a hands on workshop rather than lecture style, to engage the attendees. They will be encouraged to design their own meals for the upcoming week and how they will prepare them in advance.

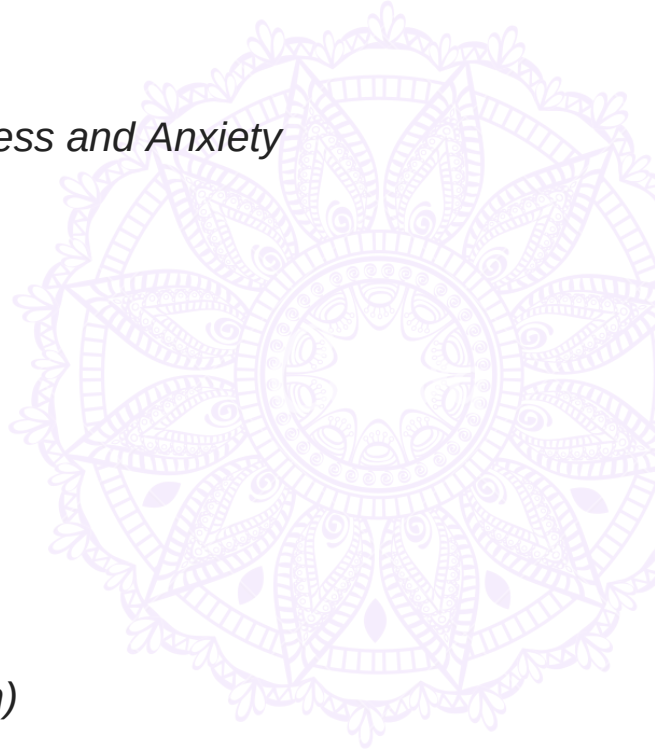
After the coffee break, the final workshop of the day – Mindfulness will take place. This is an introduction to mindfulness with many practical exercises to find what works best for the individual. At the end an 8 week Mindfulness diary will be handed out to all attendees for their own use.

The final Class - Yin yoga is a slow-paced style of yoga with postures that are held for longer periods of time, for beginners, it may range from 45 seconds to two minutes. Yin yoga poses apply moderate stress to the connective tissues of the body—the tendons and ligaments, with the aim of increasing circulation in the joints and improving flexibility. A more meditative approach to yoga, yin aims at cultivating awareness of inner silence. It is aimed to be a more relaxing and restorative class than a physically intense Yoga class



# Timeline

- 09:30 - 11:00** *Introduction to Yoga And Meditation*
- 11:00 - 11:45** *Pimp My Porridge*
- 11:45 - 12:15** *Importance of Managing Stress and Anxiety*
- 12:15 - 13:35** *Lunch*
- 13:45 - 14:45** *Office Nutrition Workshop*
- 14:45 - 15:00** *Coffee Break*
- 15:00 - 16:45** *Mindfulness Workshop*
- 16:45 - 17:15** *Yin Yoga (relaxation session)*



**All equipment is provided by Irish Yoga Girl.**

**Irish Yoga Girl has a wide variety of Mindfulness topics that can be delivered, if there is a preference please let us know and we can discuss further. Topics include:**

- Introduction to Mindfulness.
- Practicing Gratitude.
- The Growth Mindset.
- The Pomodoro Technique.
- Self Motivation - The Four Rules of Life.
- Importance of a Morning Routine.
- Meditation, Understanding for Self Practice
- Everyday Mindful Awareness.
- Digital Detox
- Mindful Journaling
- Mindful Eating (To bring you into the present moment)

**With each Mindfulness Exercise, the attendee will also receive a physical + digital workbook and access to a custom made Irish Yoga Girl Video explaining the exercise, so that after the Wellness Day they always have access to the content.**

