

Yoga, Mindfulness and Positive Psychology for Everyday Wellbeing

Bespoke workshops designed in response to an organisation's needs and resources, delivered in the workplace or offsite.



Why

Mindfulness is a hot topic in Western psychology, increasingly recognised as an effective way to reduce stress, increase self-awareness, enhance emotional intelligence, and effectively handle painful thoughts and feelings.

In the workplace mindfulness skills are being introduced to improve performance, creativity, develop leadership skills as well as support employee's general health and wellbeing.

Yoga and **Positive Psychology practitioners** share an evidence-based understanding of how to create conditions to enable individuals to flourish, realise their greatest potential, and fulfil their life purpose.

In the positive psychology economy, 'wellbeing' is the currency – a measurable integration of mind and body health, observable

in people, communities and organisations. Cultivating wellbeing actually improves performance and resilience. Practitioners are not simply interested in developing the individual but in helping to create positive institutions.

The Yoga Foundation designs and facilitates mindfulness and transformational wellbeing workshops to individuals and teams on a once only, weekly, monthly, quarterly and annual basis, delivered on or off site.

How

- Practical exercises that teach participants how to bring their awareness to their own present experience.
- Clear guidance from an experienced teacher to show individuals specific techniques that best suit them.
- Experiential learning, with a focus on practical application to everyday life.

What participants will learn

- An understanding of what mindfulness is and how it works.
- How to switch off their 'thinking' brain and access their 'feeling' brain.
- Practical techniques to use on their own to manage feelings of overwhelm, induce clarity of thought and a feeling of wellbeing.

Popular Workshops

Mindfulness for Everyday Wellbeing

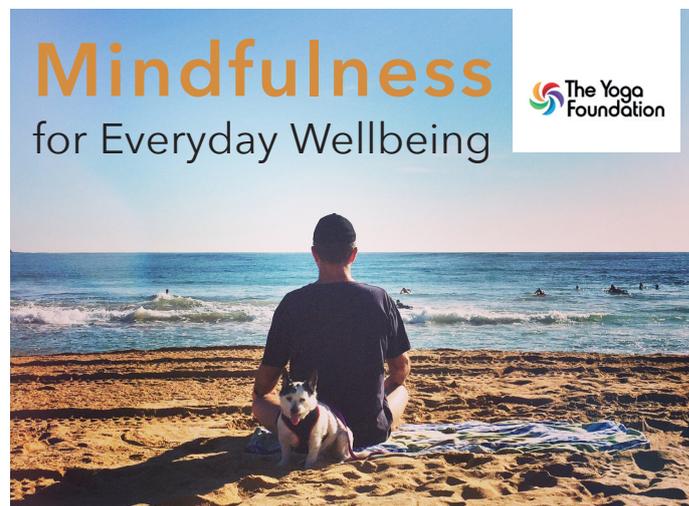
This 1- to 2-hour workshop is designed to equip participants with an understanding of the benefits of mindfulness, skills to continue a regular practice anywhere, anytime, and optional biofeedback tools for monitoring and measuring stress.

Breakfast Club

A 3- to 5-morning, 2-hour workshop. Program includes yoga and mindfulness, a nourishing breakfast, and an inspiring while casual exploration of tools and practices to foster flow and creativity, revisit values, and rediscover meaning and purpose in work and life.

Professional Development Retreat

A 3- to 5-day retreat, only 90 minutes from Sydney or Melbourne, which can be offered independently or integrated with an organisation's existing professional development or training program. Integrating ancient secular wisdom and yoga teachings with the science of applied positive psychology, participants will:



- Experience evidence-based wellbeing activities
- Practice mindfulness and other stress management techniques for developing resilience
- Learn to approach, respond, lead and behave in line with core values
- Identify character strengths and broaden their awareness and application in self and others
- Investigate mindset and ways to enhance flow and creativity
- Learn active listening and responding techniques to nurture and sustain all relationships

This is reciprocal learning – participants will find themselves sharing what they've learnt with colleagues, family, and friends, feel reenergised and experience a renewed understanding of their inherent potential.

All programs can be adapted to suit the experience and any specific requirements of the participants.

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CASE STUDY

In a recent engagement, The Yoga Foundation was invited to open a 2-day national conference for Charter Hall, held at Vibe Hotel, Rushcutters Bay.

Participants who attended **Mindfulness for Everyday Wellbeing** gained an understanding of the nervous system whilst engaging in several mindfulness practices, movement with breath exercises, and tools to practice freely, and at no cost, anytime and anywhere.

Importantly, they left with worksheets and a resource list to continue these practices into 2017 and beyond.

Participants reported they had learned that there are no barriers to mindfulness; a few minutes a day of meditation can make a difference, and that purposeful relaxation is needed on a daily basis.

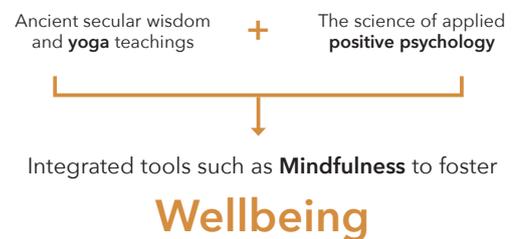
Resources for developing a Mindfulness practice



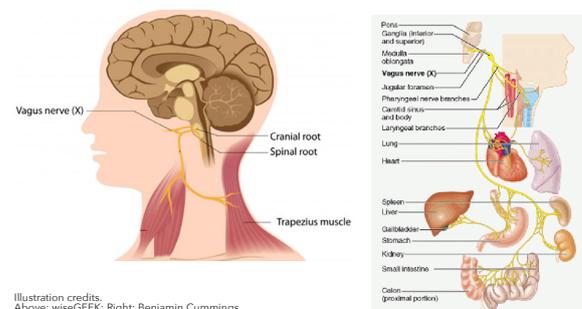
Mindfulness Practices, Movement with Breath exercises, apps, websites, books, references.

WILL THEY INCORPORATE THE TECHNIQUES THEY LEARNED INTO THEIR EVERYDAY LIFE? **91%** OF PARTICIPANTS SAID **YES**

So why Mindfulness, Positive Psychology and Yoga?



The Vagus nerve



WOULD THEY RECOMMEND THE SESSION TO OTHERS? **73%** OF PARTICIPANTS SAID **DEFINITELY**. THE OTHER **27%** SAID **PROBABLY**