



# Corporate Conscience Yoga

Yoga, mindfulness and meditation with a social impact

Does your company want to improve employee wellbeing and make a difference in the community?

The Yoga Foundation runs breath-based corporate yoga programs that help fund yoga for vulnerable people experiencing disadvantage and mental illness.

Our program will provide your staff with simple, evidence-based strategies to help train their minds to manage mental challenges.

## Benefits of Yoga

Yoga is known to have many benefits including managing stress, improving focus, supporting better sleep, calming the mind, releasing tension, body awareness and boosting energy.

We have access to some of the most experienced and skilled yoga teachers in Australia. Our teachers work for a special discounted rate so they can donate part of their fee to The Yoga Foundation.

The teaching and the content will be matched to your employees, culture and work environment.

## Example programs you can support:



**Street Yoga** brings yoga to people experiencing homelessness



**Welcome Yoga** is designed for asylum seekers and refugees



**Mental Health Recovery** classes for people with a range of mental health challenges

## About The Yoga Foundation

*The Yoga Foundation is a registered charity leading an evidence based movement to reduce anxiety and depression and improve quality of life amongst people who experience disadvantage.*

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Choose any components of the following programs, or talk to us to design your own.

## Health Repair

Three programs to train you to correct and then prevent physical pains and mental stress to improve your health and wellbeing.



- 1. Reverse the effects of sitting:** develop the body awareness to understand what happens to your body when you sit for prolonged periods. Learn how to counteract these effects and prevent long term problems.
- 2. Sleep better:** learn simple postures and breathing techniques to switch off the mind and prepare the body, easily and effectively, for sleep.
- 3. Counter stress:** understand how to use your breath to release stress from your body.

## Office Friendly Yoga

We've designed Office Friendly Yoga so you can enjoy the benefits of a yoga class during office hours with very little disruption to your day.



- 1. Work clothes yoga:** no need to change; this is yoga you can do on a chair, in a suit.
- 2. General Yoga:** this class covers yoga basics including some meditation. Suitable for all.
- 3. Men only:** a class designed by men for men. Men's musculature is often less flexible which can cause tight shoulders, hips and back. Learn appropriate poses and techniques to manage emotions like fear and aggression effectively.

## Skill Builder

These programs help you build the skills to manage feelings of stress and overwhelm effectively and improve your general wellbeing.



- 1. Focus strengthener:** learn how to concentrate better, minimise distractions and manage the 'monkey mind'.
- 2. Meditation:** understand why and how to meditate and how to successfully bring a practice into your daily life.
- 3. Mindfulness:** build up your mental muscles with mindfulness and gain insights into how it increases productivity and confidence.