



CORPORATE YOGA

THE SCANDI YOGI

ABOUT THE SCANDI YOGI

I am a yoga instructor with a Registered Yoga Teacher Certification (RYT) from a Yoga Alliance (YA) recognised institute. I specialise in the physical practice of yoga, breathing techniques and various forms of meditation. I place emphasis on learning to work with the mind and body in a skillful and effective way and to increase awareness and understanding of the benefits of yoga in daily life.

I aim to inspire others to improve their physical and mental wellness through yoga, breathing techniques and meditation.



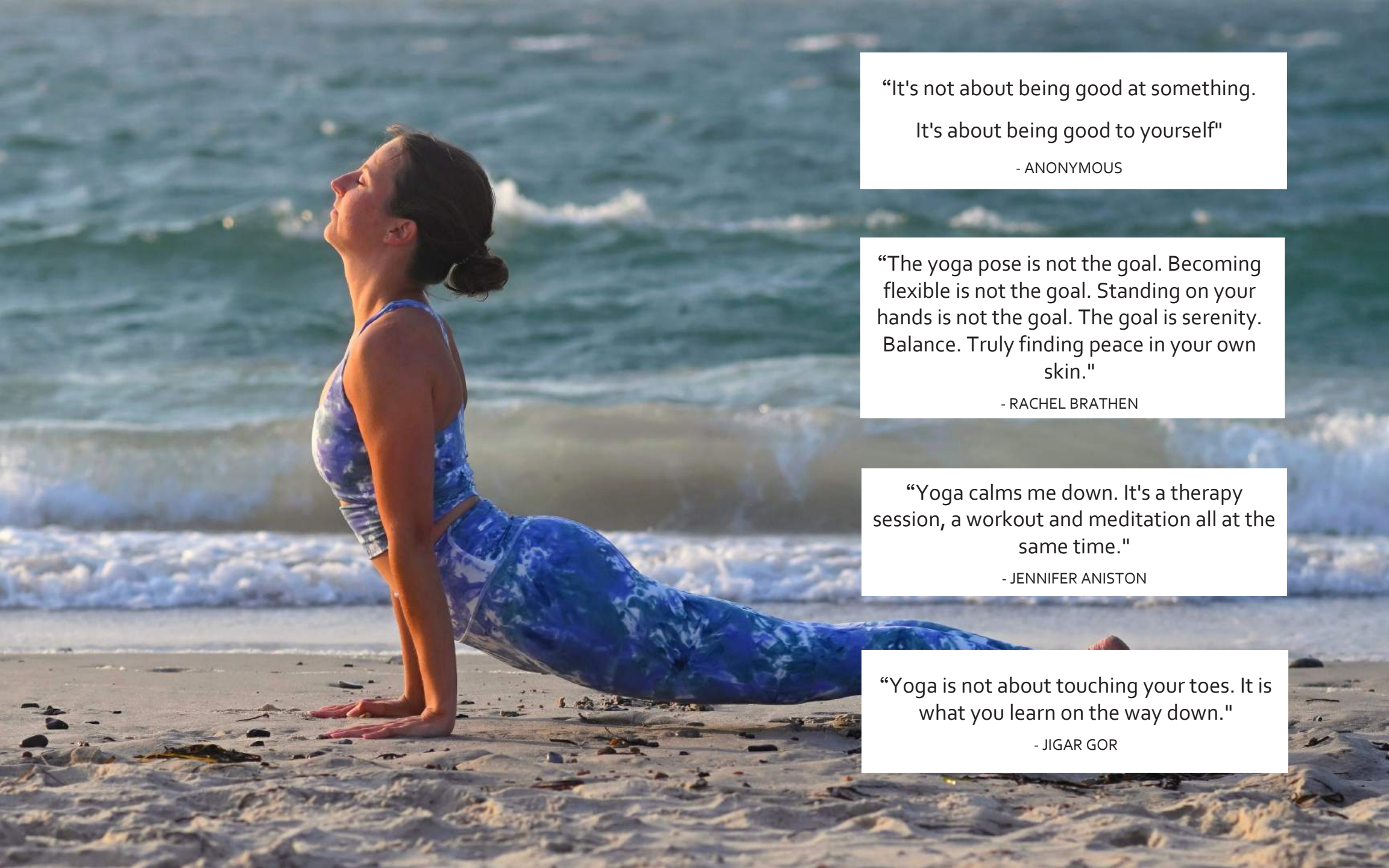
"The practice of yoga brings us face to face with the extraordinary complexity of our being."

- SRI AUROBINDO



"Yoga does not just change the way we see things, it transforms the person who sees."

- B.K.S IYENGAR



“It's not about being good at something.
It's about being good to yourself”

- ANONYMOUS

“The yoga pose is not the goal. Becoming flexible is not the goal. Standing on your hands is not the goal. The goal is serenity. Balance. Truly finding peace in your own skin.”

- RACHEL BRATHEN

“Yoga calms me down. It's a therapy session, a workout and meditation all at the same time.”

- JENNIFER ANISTON

“Yoga is not about touching your toes. It is what you learn on the way down.”

- JIGAR GOR

YOGA IN THE WORKPLACE

A true yoga practice is one of the most transformative pursuits in life. Yoga, meditation, and mindfulness have exploded in the corporate world with companies like Nike, HBO, Forbes, Microsoft, and Apple all offering it within their office. Studies have proven mindfulness can have dramatic influence on employee wellbeing, including reduced stress, improved productivity, and better overall wellness.

However, many companies struggle to bring a meaningful yoga & mindfulness practice into their office.

Companies are adding yoga at workplace to boost productivity: ASSOCHAM survey

Capital Market
Last Updated at: June 21, 2016 00:01 IST

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Yoga at work could improve staff mental health, WHO says

Global health leaders have drawn up recommendations for improving mental health at work which could boost productivity and save £1 trillion

By Jill Lupupa, news reporter

Wednesday, 28 September 2022 11:17, UK



Yoga at work and stress management courses for staff could help reduce mental illness in the workplace

[Why you can trust Sky News](#)

Yoga at work and stress management courses for bosses could help to reduce mental illness in offices and factories.

The [World Health Organisation \(WHO\)](#) has recommended that as well as providing yoga classes at work, all firms should give managers mental health training so they can prevent stressful working conditions and help staff in distress.

The WHO and the International Labour Organisation (ILO) recommend interventions "that aim to build workers' skills in stress management" such as mindfulness training.

WHAT I DO

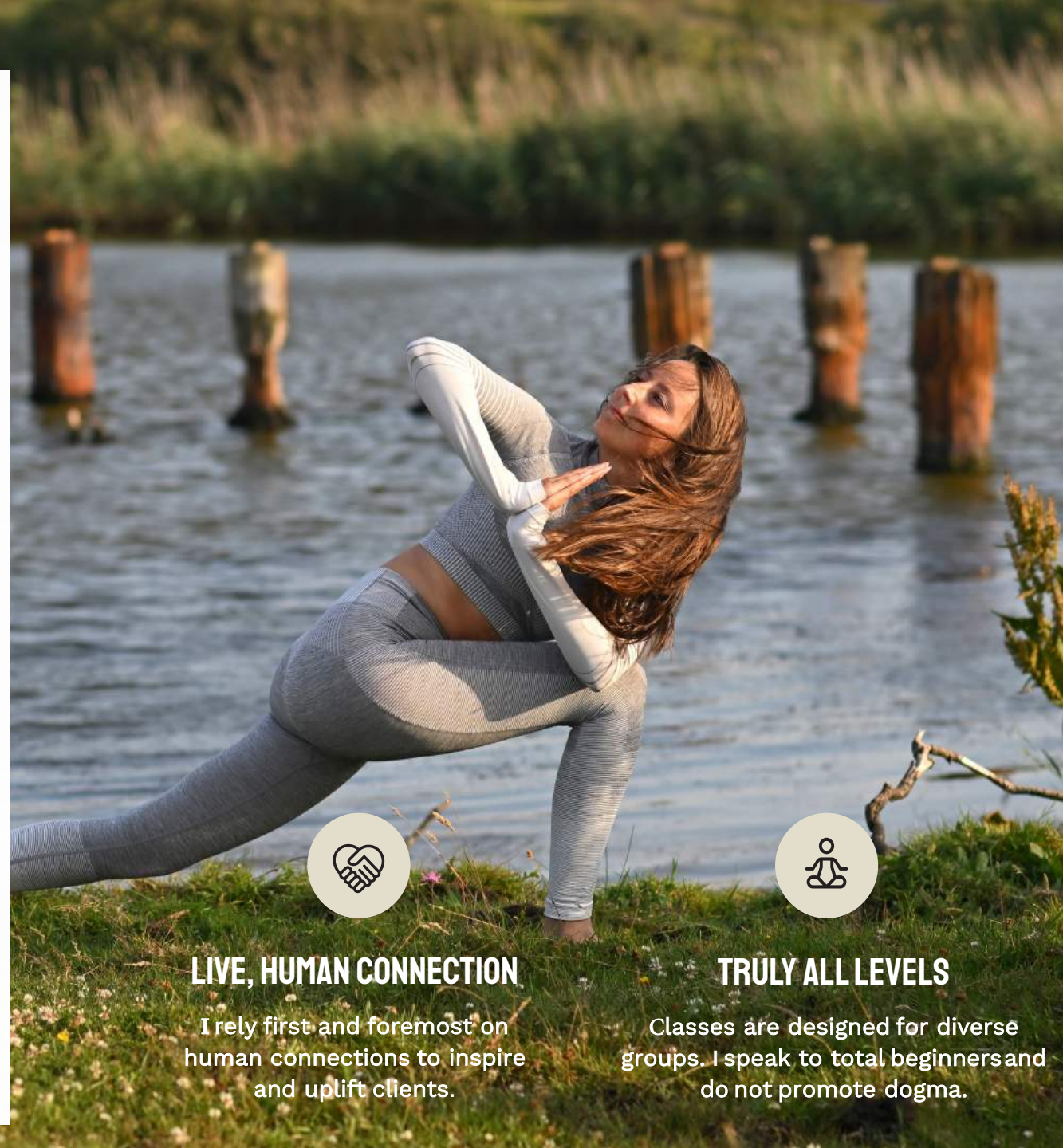
I make yoga accessible to people at all levels, creating a safe and comfortable environment to pursue balance, healing and inner strength. My mission is to provide yoga classes designed to increase well-being for optimal health, productivity and performance.

I provide the following:

- Asana (Exercise & Stretching)
- Pranayama (Breathing Exercises)
- Yoga Nidra & Auto suggestion (Relaxation therapy)
- Concentration and Meditation (Guided Meditation)
- Mindfulness

WHAT I OFFER:

- ✦ Yoga teaching service specializing in private and group classes designed to meet individual client's needs.
- ✦ Practical techniques to reduce stress and anxiety and increase relaxation and sense of inner calm.
- ✦ A positive focus on physical, mental and emotional health.
- ✦ Online or in person classes for your employees and team that align with your culture and goal.



LIVE, HUMAN CONNECTION

I rely first and foremost on human connections to inspire and uplift clients.



TRULY ALL LEVELS

Classes are designed for diverse groups. I speak to total beginners and do not promote dogma.

HOW IS YOGA AND MINDFULNESS BENEFICIAL IN THE WORKPLACE?

There are rampant misconceptions about yoga & meditation. My classes inspire clients not just to DO yoga, but to learn the benefits of yoga in daily life. Each class aims to inspire deep, life-long learning.

THE ESSENCE OF YOGA:

We all experience fluctuations of our internal state. Some days we feel lethargic, some days we feel inspired, other days we feel a little anxious. We are trained unconsciously to believe these fluctuations are random and out of our control.

Through yoga, clients can understand that they can cultivate the type of internal state they want. Shifts in energy and mood are inevitable. However, through targeted practice, you can learn exactly where these shifts come from and **develop practical tools to balance your energy no matter what is happening in life**. Instead of being a victim to stress, low energy, and bad moods, you can learn to cultivate the internal state you desire. This has an incalculable impact on both productivity and general wellbeing.



YOGA IN THE WORKPLACE

Yoga is known to eradicate fatigue and generate energy instead of taking away energy, all of which lead to higher productivity and a boosted morale. In addition, yoga improves our cardiovascular health, it increases our strength and flexibility, builds concentration and a higher sense of self-worth, and reduces mental and physical stress and tension.

As mental health becomes more of a priority, employees are wanting a healthy company culture that cares about their mental well-being. Therefore, a corporate yoga program will also draw in more employees that have a sense of self-worth. This can also act as an additional filter when a company is looking for prospect employees that are a good fit for their culture.

Company benefits include:

- Lowered stress-related health care costs
- Less absenteeism and disability claims
- Higher productivity
- A more harmonious workplace
- Improved overall morale
- Better customer service
- Less employee turnover
- A more fulfilled and joyful workforce

Employee benefits include:

- Improved concentration, decision-making skills and mental capacity
- A better sense of recognition, as a result of efforts of upper management investing in employee mental/physical well-being
- Relieved head, neck and back strain, insomnia, carpal tunnel syndrome, high blood pressure and work-related injuries from repetitive motions
- More fulfillment from the work they produce
- Enhanced outlook and attitude towards work
- Increased well-being in the workplace
- Reduced stress-related illnesses and absenteeism
- Improved productivity, focus, and ability to think clearly

GETTING STARTED

To start, I recommend most companies start with 1-4 classes a week for your team. These can either be yoga, meditation, or both. I recommend starting with a short information session for your team to get everyone inspired.

The Space:

I bring yoga to you. All you need is to provide a space in which to conduct the class.

It could be any of the following:

- Conference room
- Classroom
- Empty office
- Work stations
- Outdoor space (rooftop, terrace, garden, park)

The Equipment:

Mats are the only requirement to start a yoga session. For hygiene reasons, students are kindly requested to bring their own mats.

RATES FOR CLASSES:

YOGA CLASSES:

30 min - €150/CLASS

60 min - €250/CLASS

Max 20 participants

MEDITATION & MINDFULNESS CLASSES:

30 min - €150/CLASS

45 min - €250/CLASS

Max 25 participants

CONTACT

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