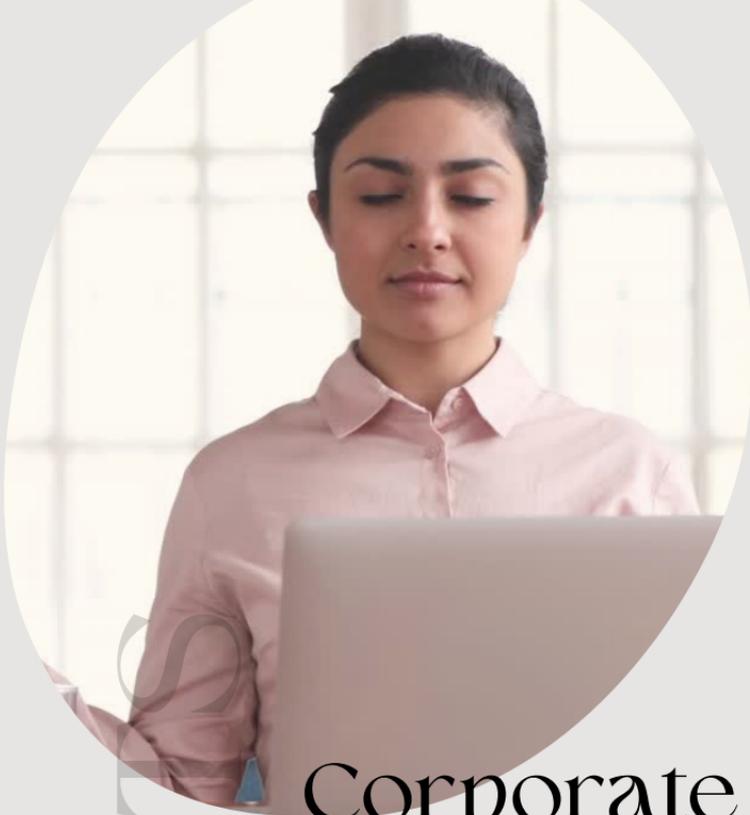




# Corporate *Wellness*

Introducing a wellness program in corporations has seen to improve all stress related issues (28% reduction) including absent days, health care cost (by 3%), office conflict, employee turnover and employee productivity (worth \$3000 per employee per year). Employees will notice improvement in sleep (20%), reduction in pain (19%), improved heart health and reduced cortisol levels.

[www.namastebh.com](http://www.namastebh.com)



# Corporate *Wellness*

Companies\* that employed wellness programs also reported that employees are more present minded and therefore less likely to make rash decisions, and even get along better with coworkers, a feeling of well-being in the workplace and of being valued and an enhanced mental outlook leading to a better customer service attitude

[www.namastebh.com](http://www.namastebh.com)

\*Including Google, General Mills and Goldman Sachs



# Corporate *Wellness*

Per Hour (Up to 30 Students)	BD108
Additional students (Every 10)	BD30
Mat Rental (Per Mat)	BD3

[www.namastebh.com](http://www.namastebh.com)

\*Including Google, General Mills and Goldman Sachs



# BACK HEALTH AT YOUR DESK

Explore simple Yoga postures and stretches that can be done right at your desk! We will use neck ties, belts, chairs, desks and walls so that we don't have to endure that painful desk body anymore!

Session Duration: One Hour



# UNDERSTANDING ANXIETY

High work load might mean a high level of anxiety. In this session we will break down the psychology of anxiety then explore the power of deep breathing in a relaxing the nervous system allowing for a more tolerable and effective workday!

Session Duration: Two Hours

A top-down view of a wooden desk. In the upper left, a silver laptop is open, with two crumpled pieces of white paper on its keyboard. A pair of black-rimmed glasses rests on the laptop's trackpad. To the right of the laptop is a white computer mouse. Further right is a spiral-bound notebook with a grid pattern. In the lower half of the image, the back of a person's head and shoulders are visible. They have dark hair pulled back and are wearing a light blue and white checkered button-down shirt. A white semi-transparent text box is overlaid on the center of the image, containing text. The background is a light-colored wooden surface.

## IMPROVING SLEEP

If you think you're sleeping well, but wake up tired, think again. We will look in this session at some habits and breathing techniques that will help you get your good night's rest. Warning: You might want to take a nap on your desk after this one!

Session Duration: Two Hours





# HEADACHE RELIEF

Stress, dehydration and some eating habits cause our headaches. Regardless of what the cause is, the simple stretches, stress reducing exercises and hypnosis we will practice in this session will help you manage this unwanted visitor.

Session Duration: Two Hours



# STRESS RELIEF

Stress is a silent killer. After a brief introduction about Stress we will go into a breathing sequence designed to reduce stress and finally all you'll do is lay down on your back and learn how to relax!

Session Duration: Three Hours



# CONCENTRATION AS SUPERPOWER

Are you jumping from task to task, not always remembering what you were trying to do? Do you walk into a room then forget why? Have you left your keys in the fridge? We'll start this session by understanding what is stopping you from concentrating and end with some concentration exercises.

Session Duration: One Hour



# CHANGING UNWANTED BEHAVIOURS

Whether it's anger, smoking or always being late, some behaviours are difficult to break using will alone. This session uses hypnosis to speak directly to your subconscious mind to change unwanted behaviours.

Session Duration: One Hour



# COMPASSIONATE COMMUNICATION

As you communicate with your colleagues, you might feel sometimes that you are speaking two different languages. In this workshop we will learn two very important skills: active listening and non-violent communication of our own needs.

**Session Duration: Four Hours**



# CAN'T FIND WHAT YOU WANT?

Email us on [wanderwonderweam@gmail.com](mailto:wanderwonderweam@gmail.com) with your requirements and we will custom make a programme just for you!