



# Mindfulness In the Workplace

Show your employees you truly care about their total wellbeing. Give your employees the gift of a Mindfulness break in their hectic work schedule. Allowing time to recenter for improved mental health. Leaving your team better able to concentrate, improve focus and productivity.

Hi, my name is Shannon,  
I am a Yoga and Mindfulness  
Teacher. Qualified in Yoga,  
Mindfulness, Meditation and  
Breathwork Coaching.  
My passion is sharing the life  
changing benefits of Yoga and  
Mindfulness to everyone I can.

## **Benefits of Mindfulness In the workplace Include:**

- Calming & centring the nervous system
- Stress and anxiety relief and management
- Improvements in focus and productivity
- Self emotional regulation
- Improved sleep
- Improved empathy and communication skills

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(For a price-list please contact me directly)

**Meditation:** Focusing on building a regular Meditation practice for prolonged benefits. Meditation sessions provide your staff a time during their day to rest and find some inner peace. Ready to tackle the rest of their work day with a clear and calm mind, Overtime building a deeper sense of self awareness, stability and resilience.

**(10 - 20 Minutes)**

**Breathwork:** The breath is the most effective and tangible way to drop into a deeper awareness of yourself and shift the state of your body, energy, mind and emotions. By working on the common breath dysfunctions we can train ourselves to breath naturally in a more functional and effective way, and by learning conscious breathing exercises sourced from both Ancient Eastern practices and 21st Century Western medical science we can learn how to uplift, energise, relax, focus and bring our bodies back into homeostasis.

**(10 - 30 Minutes)**

**Mindfulness:** A combination of Breathwork, Meditation and Mindfulness techniques. Combined Mindfulness sessions give your staff an extensive experience of Mindfulness to benefit their overall wellbeing in the present moment as well as discovering practices that work well for them to use to support them in their day-to-day lives.

**(10 - 30 minutes)**

The logo for 'Living In Touch' is located in the bottom left corner. It consists of a teal circle with a white outline, containing the text 'LIVING IN TOUCH' in white, uppercase, sans-serif font. To the left of the text is a small white icon of a leaf or branch. The logo is set against a background of overlapping orange and brown circles.

LIVING  
IN TOUCH

**Desk Yoga:** Desk yoga is a convenient way for employees to get some gentle movement into their work day. Focusing on the physical body with added mindfulness elements these sessions aim to relieve stiffness and tension. Correct poor posture as well as reducing stress and settling busy minds.

**(10 - 30 minutes)**

**Yoga:** If employees have space at work to roll out a yoga mat or work from home, yoga classes on the mat are a great option for a full mind + body practice. Through a flow style class moving with the breath participants will leave feeling accomplished and with a steadier mind .

**(30-50 minutes)**

### **Meditation, Mindfulness and Breathwork Workshops:**

These one-off themed sessions are a great way to kick start your staff's wellbeing program as well as motivate participants to incorporate mindfulness into their days and continue their weekly sessions.

Workshops can be made bespoke for your employees needs. Topics I teach regularly include:

“Introduction to the Power of Breathwork”

“Mindfulness for Clarity and Concentration”

“How to Improve your sleep”

“Breathwork and Mindfulness to support Mental health”

**(45 Minutes - 1.5hrs)**

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IN TOUCH**

**To bring the benefits of Mindfulness into your workplace  
contact me:**

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