



THE BRIEF

To prepare a 4 week wellbeing programme for employees, to take place over a lunch hour. Each session to be approx 40/45 minutes and take place in the board room which can accommodate between 12 - 20 attendees.

PROPOSED PROGRAMME

Session One - Viniyoga Session

Session Leader: Rebecca Somerscales.

Rebecca has been practising yoga since 2000 in the Viniyoga tradition. She includes postures, breath awareness, sound/mantra, relaxation and meditation in her classes, she is also a trained Nurse

A bit about the session:

Rebecca's yoga is a process, a journey, it helps to nourish and relieve stress. As a nurse as well as a qualified Yoga teacher Rebecca is acutely aware of how modern life takes its toll in a world that is increasingly fast and frantic, this session is aimed at taking time to relax, restore and rejuvenate.

Session Two - Stress Management & Meditation

Session Leader - Sandra Bojen-Taylor

Sandra has a Masters in Integrative Counselling and Psychotherapy and is an accredited psychotherapist she is a fully qualified EMDR therapist and she has a wealth of experience in Cognitive Behavioural Therapy (CBT), Person-Centred, Psychodynamic, Narrative, Transactional Analysis (TA), Gestalt and Mindfulness.

A bit about the session:

Sandra will run through techniques and tools to deal with stress and anxiety. The session will end with a relaxing mindfulness practice

Session Three - Pilates & Stretch

Session Leader - Becky Cartledge

Becky has been working in the sport, health and fitness industry for 20 years. After gaining a BA honours in Sport Studies she went on to become a Personal Trainer and was one of the first students to train with Michael King at the Pilates Institute in London. Becky is now teaching movement rooted in body awareness and positivity.

A bit about the session:

Becky's session is rooted in body awareness and positivity. Her class incorporates pelvic floor and core work, Pilates, stretch and relaxation encouraging awareness and connection with your body.

Session Four - Tibetan Breathing Technique

Session Leader - Emma Bailey

Emma has studied many healing holistic therapies including Shamanic Healing, Reiki and Bowen Therapy. Emma has seen some fantastic results from her healing therapies and is a true expert in her field.

A bit about the session:

Tibetan Pranayama is a powerful technique to help calm the mind because it controls the breath. This breathing technique clears the mind and aids clarity and productivity.