

FOUNDED WELLNESS WORKSHOPS

Inspirational Workplace
Wellbeing

60 & 90
MINUTE
WORKSHOPS

YOGA

PILATES

DESK YOGA

BREATHING

RESILIENCE

SLEEP

HEALTH SPEAKERS

EAT WELL

REST & RELAXATION

MINDFULNESS

We're passionate about bringing the benefits of holistic health activities into the workplace

We aim to get everyone learning, moving, breathing and living better to improve their day at work

We work with the body and mind to balance teams and support organisational growth

FOUNDED WELLNESS



Yoga: Desk Life

// 60 mins

Learn to move, breathe and sit better at your desk using principles borrowed from the yoga world. During this workshop we provide education and practical exercises for self managing the impact of sitting at our desks all day. The team will be guided through a fun and achievable desk yoga routine to build greater awareness of the mind and body. The session helps to create new and realistic habits for life at our desks. No Lycra or flexibility is required.

Pilates: Better Spine Health

// 90 mins

Introducing the Pilates model of ABC: Alignment, Breathing and Centering with a focus on understanding more about the spine. Suitable for everyone, this workshop looks at the key Pilates fundamentals and brings them to life on the mat. The team will leave with a greater understanding of applying these core principles in their own bodies as well as learning a set of practical exercises and tips for integrating this into work and office life.

Breathing: Inhale, Exhale, Repeat

// 60 mins

This workshop gives a fresh understanding of the breath and it's role in our lives. We highlight it's importance as a tool in managing our mood, state of mind & nervous system and bring attention to this natural act of inhale and exhale. We leave the team with practical tools for managing stress and techniques to bring more energy and focus to the day.

Resilience & Bouncing Back

// 90 minute

In this workshop we look at one of the most important skills in the workplace resilience; the ability to bounce back from setbacks and adapt to challenges. Resilient individuals are more likely to persevere when faced with pressure and thrive on a daily basis. This workshop gives the team the skills needed to build their own resilience and impact positively on others. Our workshop helps to engage individuals and raise self-awareness of personal resilience strengths.

Enquiries: hello@foundedwellness.com

Sleep & Thrive

// 90 mins

Learn more about the nature of sleep and how it impacts on our behavior, mood and performance. This workshop guides the team through natural and healthy ways of achieving improved sleep and gives insights into to better understanding their own individual sleep habits. With inspiration from the yoga world, this workshop leaves the team with new skills for getting a better night's kip and having a better day at work.

Inspirational Health Speakers

// 60 mins

Get a dose of wellness inspiration with a team talk from one of our health speakers. Hear from a whole host of speakers including professional athletes, die-hard serial marathon runners, leading health charities and brave cancer fighters. All with stories of resilience, dedication, sacrifice and passion. Perfectly accompanied by a healthy breakfast or lunch.

Eat Well: The Best Meal of The Day

// 90 mins

A fun hands-on creative breakfast workshop providing healthy inspiration for preparing the best meal of the day. Our food experts guide the team into whipping up the ultimate breakfast bowl with all the bells and whistles of an instagramable breakfast, the workshop also covers the nutritional must knows around breakfast foods and demystifies some of the latest breakfast and snacking trends. The workshop also covers a few key tips and tricks for making juices and we leave the team armed with everything needed for a superb and healthy start to every day.

Rest & Relaxation

// 90 mins

Proper rest is one of the most challenging things to get in the lives we live today. Yoga Nidra is an ancient tool for conscious resting used by yogis which invigorates us and provides a powerful way of energising and healing the mind and body. This 30 minute technique is deeply relaxing and is said to provide the equivalent energy boost that you would get from 3 hours sleep.

All About Pregnancy Yoga

// 60 mins

This workshop is designed to educate you about the benefits of pregnancy yoga and provide practical time moving on the mat. Pregnancy is an incredible life changing experience. As woman move through the trimesters, they adapt to the needs of the baby and there is an inevitable change that occurs both internally and externally as she prepares for birth and motherhood. Pregnancy yoga is specially adapted to these circumstances and will encourage a deep early connection with the baby, improving strength, stamina and circulation as well as equipping the mother with helpful breathing techniques for labour and relaxation. Please note for pregnant women attending - the practical element is only suitable for those who are 13 weeks or beyond (after first scan) and partners are welcome to join the session.

Mindfulness

// 90 mins

A practical discussion about modern mindfulness to give a shared understanding of mindfulness today. Learn what it means to live a more mindful personal and work life. Colleagues will be guided through a fun and achievable workshop to building greater awareness of the mind and coached through techniques to help form realistic habits for everyday use.

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