

# FOUNDED WELLNESS

Inspirational Workplace Wellbeing

Founded Wellness provides inspirational workplace wellbeing activities, dedicated to bringing the benefits of yoga and other holistic health out of the studio and into the workplace.

Our aim is to get everyone at moving, breathing and living better at work.



## FAQ // FOUNDED WELLNESS WORKPLACE YOGA

### **What are the Founded Wellness Workplace yoga classes?**

We bring you a workplace focused yoga class which is suitable for all levels and is tailored to the needs of those at work. If you're familiar with yoga styles this is most similar to vinyasa.

### **What is yoga all about?**

Yoga offers a chance to connect with your own personal wellbeing. Yoga is an ongoing practice, not something to be perfected, but something which supports how you feel each day. You can take (or leave) whatever you want from the class, from dealing with your tight hamstrings to just taking time to breathe, de-stress after a tough day. We promote an inclusive culture of participation and act to serve as inspiration for a better sense of wellbeing at work.

### **What will we do in the class?**

Your class will be primarily movement based, however throughout the class breath work and mindfulness will be included.

- Movement - moving between yoga poses to stretch, release, remove tension, strengthen, open and nourish your body.
- Breath work - light guided breathing techniques and education to calm, control, fuel and energise your body
- Mindfulness - light guided mindfulness practices to help promote stillness in the mind, rest and clarity (better focus!)

### **I don't feel that I will be able to do yoga...**

Yoga is for everyone, you don't need to be flexible or fit. Our classes are for all levels of fitness and ability and your teacher will support you.

### **How long is the class?**

You'll be guided through a 45 or 60 min yoga class which focuses on helping you move and breathe better.

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

## What do I wear?

We recommend loose clothing/active wear, something comfortable that you can move in.

## Do I need a yoga mat?

Yes, we operate a Bring Your Own Mat policy. If you would like to buy mats in bulk as a team we can organise this for you

## Health check and waivers:

Individual employees will be required to sign a digital waiver prior to attending their first session. This will be sent to you via the organiser within your business.

**Injury, pregnancy or limitations:** Employees working with injuries, during pregnancy or with any other health limitation should inform Founded Wellness of this via the health check & waiver. Your teacher will also encourage you to talk to them before class if you have any health concerns about things that need should be flagged. Employees can email [hello@foundedwellness.com](mailto:hello@foundedwellness.com) for confidential advice on the suitability to practice yoga. It is our priority to put safety first. If you're in your first trimester of pregnancy we recommend that you do not practice yoga. We have a free worksheet with some suggestions of restorative and safe yoga postures which you can use during this time. Just drop us an email if you'd like to receive a copy confidentially..

## Who are the Founded Wellness teachers?

Our teachers are experienced and passionate wellbeing practitioners. Many providing a spectrum of wellbeing services to clients across the UK. All Founded Wellness teachers have an understanding of the challenges of the 9-5 working life and are committed to understand your needs and deliver a class which helps improve your sense of wellbeing. Our teachers are fully qualified, yoga alliance accredited teachers and many have a selection of additional interests including meditation, breath work, restorative yoga, yoga therapy, sleep therapy, pregnancy yoga and much more.