

Essex Stretch Academy run corporate classes, so if you are an employer or employee who would be interested in us coming into your place of work then please take a moment to read this to see how we can benefit you.

Essex Stretch Academy comes to you!

We conduct stretch/yoga classes at your workplace at your convenience, whether it is during a lunch hour, an early morning class before work or even straight after work.

Yoga/stretch in the workplace - why?

Yoga is becoming increasingly popular in the workplace as many companies recognise the value of yoga, relaxation, mindfulness and meditation to their employees to help reduce stress levels mentally as well as physically. Realignment of the body to include releasing tightness in areas of the body such as lower back, spine, shoulders, hips, legs all of which can be caused by sitting at a desk as well as allowing the mind to focus and calm by using breathing techniques.

One of the benefits of yoga is developing an awareness of the effect stress can have on ourselves, physically, mentally and emotionally and learning the skills in which to manage them. Regular practice is known to bring improved health in the mind and the body as well as increased energy well being and productivity.

Our classes also improve strength, flexibility and concentration. They can eradicate fatigue and generate energy – all of which lead to improved productivity and morale in the workplace.

All classes are very versatile so they can be adapted and modified to an individuals needs, suitable for any age, gender, size or ability.

The benefits of classes for Employers and Companies

Improves immunity and reduces employee sick days and turnover (it is stated that 11.7 million is the total number of working days lost due to stress, anxiety and depression during 2015/16)

Creates and promotes team interaction

Increases morale

Cost effective way to provide employees tools to cope with stress and challenges while at work

Classes in the workplace makes it easy for employees to join in and attend as it eliminates travel times to and from a studio (classes can be 45 minutes long to fit in with lunch hours if this is preferable)

Makes the company more attractive to potential new employees by knowing their employees well being is a priority.

The benefits of classes for Employees

Reduces stress and tension physically, mentally and emotionally

Reduces employee fatigue and outlook

Improves efficiency and productivity

Improves posture, flexibility, alignment and focus

Improves over all physical and mental health and wellbeing

It gets them away from their desk to give them some quality time out for themselves

Teaches breathing techniques to allow employees to deal with the working day

Relieves head, neck and shoulder tension, carpal tunnel syndrome, insomnia, spine, lower back, hip and knee issues which are work related injury from lack of mobility and motion in a sedentary working environment

Enhances employees attitude towards themselves, their work and their colleagues

All that is needed is a conference room, hall or office space large enough to work in. We provide mats and any blocks or equipment and classes can be 45 minutes long to fit in with lunch hours.

If you are interested in Essex Stretch Academy coming into your workplace and would like further details please do not hesitate to contact Carolyn on 07789 811067 or email carolyn@essexstretchacademy.co.uk and I would be delighted to speak with you. Please if you feel this post could be of benefit to someone feel free to forward to friends & family :0)