

MAHI@WORK



MAHI
YOGA • MEDITATION • WELLBEING

What It Is

A fun and effective way to support your staff's physical and mental health (they're connected, didn't you know?) To promote more mindful approaches to work, and foster a culture of workplace wellbeing.

Employers are increasingly realising the benefits of structured movement, breathwork and mindfulness programmes for keeping their staff healthy and well, especially as more staff are working from home, often in conditions that are far from an ideal work environment.

Improved physical and mental wellbeing not only creates greater focus and clarity for individuals, it also has a multiplier effect within teams, improving connection, collaboration, and mutual understanding. It can prompt the kind of conversations which lead to new and innovative ways of working and being productive.

Why it's Good for Business

Your people benefit individually, but there are subtle and very real benefits when teams share the Mahi Yoga experience:

- It fosters connections within the team as they jointly master a fun and healthy activity.
- It promotes a positive, healthy mindset.
- And, because we encourage chit-chat before and after the class, it provides “watercooler” moments that builds team spirit and trust, and defuses friction.

What We Do

At Mahi Yoga we offer programmes of yoga-based movement therapy and breathwork designed specifically to counter stress, back, neck and shoulder pain, and to promote overall health and wellbeing, including mental wellbeing. Increasingly, science is confirming that yoga and similar practices help rewire the nervous system, reduce levels of stress hormones such as cortisol and nurture the parts of the brain's natural chemistry that promote emotional resilience, calm and focus.

A complimentary 30-minute consultation helps us tailor our offering to the needs and realities of your business. We cater for everything from individuals to small teams to workforces of 100 or more. We can deliver programmes online (your staff join in from wherever they are located), on your premises (in the central Auckland region) or in our light-filled studio in Newmarket (maximum capacity 20 people, vaccination passes are required.)

Although your programme is bespoke, there are three common denominators of every Mahi@Work programme:

Movement: Stretches and gentle holds to promote healthy posture and better range of motion in our joints, build stamina, reduce inflammation and improve body awareness (which helps prevent injuries).

Breath: Simple breathing techniques to stimulate the “calm response”, release unwanted stress, and support the body’s autonomic (self-directed) systems, including the immune system.

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Costing

One 60 minute class with gentle but firm stretches, energising and calming breathing techniques and accessible mindfulness practices. A great initial session for a high-performance team that needs to stay happy and productive while under pressure, this also enables us to tailor ongoing classes to the needs of your staff.

Total cost: \$250 +GST

Well-being circuit-breaker: four classes over two weeks, suitable for all levels of ability, with breathing techniques and mindfulness exercises to release stress and create the foundations of physical and mental resilience.

Frequency: Four 45 or 60 minute classes (two per week)

Total cost: \$850 +GST

Our Skills and Experience

All of our instructors have completed at least 200 hours of yoga teacher training, including an understanding of exercise science, how to adapt programmes to different abilities and limitations, avoiding common injuries and making a genuine connection with people (that helps a lot). In addition, our team includes a range of experience in:

- Corporate environments, including change management
- Health care, including mental health and health education
- Work-life balance, including parenting

Mahi Yoga is a member of the Equally Well Network, which is committed to increasing the physical health outcomes for people with mental health issues. We have an active philanthropy programme, and support local charities, especially in mental health.

For more information, and to contact us, go to our website:
<https://mahiyoga.co.nz/mahi-at-work>

