

inspire and be..

inspiring occupational health..



‘Energy through Relaxation workshop’

A two hour workshop to improve health and wellbeing of Company leaders and Corporate staff.

Introducing simple yet effective relaxation techniques to help manage and combat with stress in the workplace:

- 1) EXERCISE MADE EASY - simple stretches to encourage good posture -engage core muscles and release tension through the neck shoulders and lower back.
- 2) COLOUR THERAPY - Seven colours of the chakra that stimulate body’s healing process to enhance sense of well-being. How to use colour to balance energies and avoid ‘burnout’ .
- 3) YOGA/PILATES - movements to release tension help avoid neck and back problems/pain.
- 4) VISUALISATION - Guided imagery visualisation piece. Encourage relaxation by using your imagination to create space and clarity and supports one’s ability to cope under pressure.

DE-STRESS - REFRESH - RELAX - ENERGISE

Key Objectives of Energy through Relaxation workshop:

- ...To increase productivity and communication amongst staff
-To increase enthusiasm energy and motivation in the workplace
-To create a happier environment and hence better teamwork
-To be more resilient to pressure and therefore maximise performance.

For more information on how to book this workshop please use the contact information below:

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