



## Virtual Team Yoga Flow



Take a moment to connect with your body, mind and breath so your team can return to work feeling reinvigorated. Sitting for long periods of time can take a toll on our bodies, negatively affecting circulation, flexibility and strength.

Through this 60-minute yoga practice, your group can counteract the side effects of hours spent sitting at a desk, improve their physical well-being and reignite their ability to focus.

### The Team Experience:

- Prior to the event, participants are provided a welcome letter which includes what to expect and the list of items they will need to have on hand for the big day
- Class will begin with simple breathing as everyone leaves thoughts of work behind and becomes present on their yoga mats
- Your group will be lead through an Integration series, designed to warm up their bodies and begin mobilizing their spine
- Your team will close their eyes and set an intention, helping everyone to connect as a community and inviting mindfulness
- Now starting to pick up the pace, your group moves through a Sun A and Sun B sequence where our instructor guides participants through an energizing Team Yoga Flow
- With bodies warm and minds present, your team will practice full-bodied movement to build strength and increase flexibility
- Cool down with a mindful closing and learn three stretches everyone can utilize throughout their work day

Virtual programs are delivered via Zoom. If you prefer a different platform, we are happy to accommodate, if at all possible.

A creative charitable donation can be added to all of our virtual programs – ask us how!

### Event Details

- Group Size: 30 to 200+
- Program Length: 1-1.5 hours
- Setting: Virtual
- Physicality: Moderate

### Event Outcomes

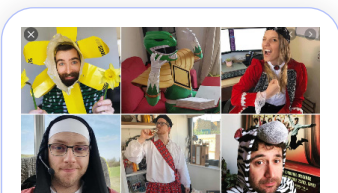
- Engaging Interaction
- Fun and Motivation
- Focus
- Synergy

### What's Included

Pricing varies depending upon the number of participants and includes professional facilitation, program design, and all production coordination.

The success of your event is our top priority. To ensure a positive outcome, program modifications may be made based on variables such as group size, space limitations, timeframe, etc.

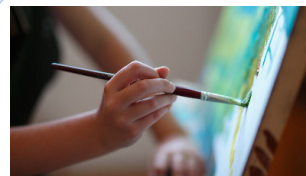
### Similar Activities You May Like



Virtual Scavenger Hunt



Virtual Cook Your Family Dinner: Italian



Enjoyment of Painting Class



Coming Soon!