

CREATING HAPPIER, HEALTHIER WORKPLACES

VIRTUAL YOGA SESSIONS



MEET YOUR INSTRUCTOR



Annie fell in love with yoga in a dusty community centre, aged 13.

She soon discovered that the benefits go far beyond the physical improvements in flexibility, balance and strength that yoga is widely known for. For her, yoga is about making time to connect with yourself. It's an opportunity to build resilience, learn to be kinder to ourselves and nurture both our physical and mental wellbeing.

Annie completed her teacher training in 2015 (Yoga Alliance Certified) and she has since completed additional training in Restorative Yoga (TriYoga, 2016) and a Diploma in Relaxation, Meditation and Mindfulness (Smart Foundations, 2017). Whether it's an introductory or advanced session, Annie's classes don't focus on what positions we can or can't get into, instead focusing on mindfulness, self-care and feel-good fitness.

Luminate offer **seven** different types of yoga session with Annie:

GENTLE CHAIR YOGA

DURATION: 30-minutes

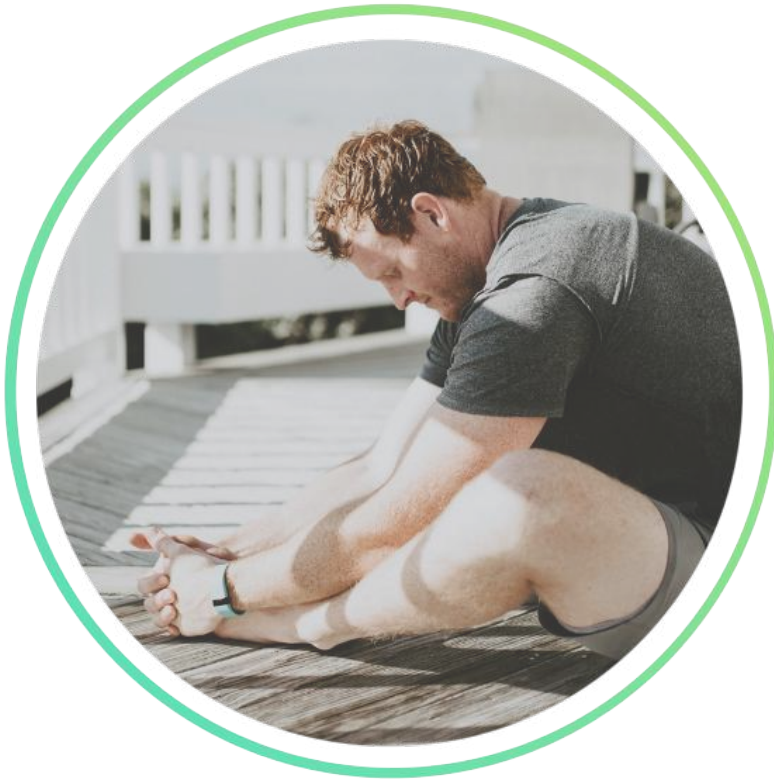
LEVEL: Beginner friendly

This is a gentle yet energising session, designed to bring balance to body and mind. The class is suitable for all ages and is designed particularly for those with reduced mobility or anyone who wants to go slowly and mindfully with extra support from a chair.

The majority of the movements are done seated, with some optional standing parts of the session where the chair can be used for extra support if needed.

During the session, we aim to:

- Increase flexibility, strength, balance and coordination
- Reduce muscle tension and stress
- Challenge ourselves with poses
- Develop mindful concentration and awareness
- Reduce stress and boost resilience through mindful breathing and relaxation



EXPRESS YOGA

DURATION: 30-minutes

LEVEL: Beginner friendly



This bite-sized yoga session centres on flowing movements to mobilise, stretch and strengthen while also easing tension in the body and mind.

By moving mindfully and bringing awareness to our breath, the class is also designed to build focus and mindful concentration. The aim is to leave you feeling relaxed but energised and ready to take on your day.

YOGA NIDRA

DURATION: 45-minutes

LEVEL: Beginner friendly

This is a session of deep rest, to relax and restore both mind and body. We'll start this class with a gentle movement sequence to warm up, ease tension and help prepare the body for relaxation. We'll then transition into a relaxed lying position for the Yoga Nidra practice which lasts 20-30 mins.

Yoga Nidra translates as Yogic Sleep. The practice uses body scanning and visualisation techniques to allow the body to deeply relax while the mind stays inwardly alert.

Studies on Yoga Nidra and deep relaxation have shown benefits may include:

- Lowered stress response and stress reactivity
- Reduced muscular tension
- Better regulation of hormones, blood pressure and blood glucose
- Alleviation of anxiety, depression and PTSD
- Improvements to insomnia and sleep quality
- Alleviation of chronic pain



RESTORATIVE YOGA

DURATION: 45-minutes

LEVEL: Beginner friendly

A session to deeply relax and recharge. We'll be exploring longer held, restorative poses which ground us, ease tension and restore mobility.

Many of the positions require extra support from a yoga bolster (or 2/3 pillows if you don't have a bolster), a folded blanket and 2 extra cushions. These props not only offer support, they also provide grounding and comfort.



MINDFUL FLOW YOGA

DURATION: 60-minutes

LEVEL: Beginner friendly

This energising session is designed to bring balance to both body and mind through a sequence of mindful movements.

During the session we aim to:

- Increase flexibility, strength, balance and coordination
- Reduce muscle tension and stress
- Challenge ourselves with poses and sequences
- Develop mindful concentration and awareness
- Use mindful breathing and relaxation techniques to reduce stress and boost resilience



YOGA HIIT

DURATION: 45-minutes
LEVEL: Intermediate



This session is High Intensity Interval Training, yoga style! An endorphin-boosting session to blast stress and build cardiovascular fitness, strength, endurance and mobility.

As the name suggests, this is a more intense workout than your average yoga class. We'll be boosting that heart rate and getting sweaty.

We'll start with a yoga flow warm up before moving to the intervals where we'll switch between high intensity movements and rest periods, before finishing with a stretch and cool down.

POWER FLOW YOGA

DURATION: 60-minutes

LEVEL: Intermediate

This energising yoga session aims to bring balance to mind and body through a sequence of mindful movements. Power Flow a higher intensity session that includes more challenging positions and sequences than Mindful Flow. Even as we work hard, we keep an emphasis on mindfulness and self-care.

During the session we aim to:

- Increase cardiovascular fitness and muscular endurance
- Build flexibility, strength, balance and coordination
- Reduce muscle tension
- Develop mindful concentration and awareness
- Ease stress and build resilience through breathing and relaxation techniques



GET IN TOUCH

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