

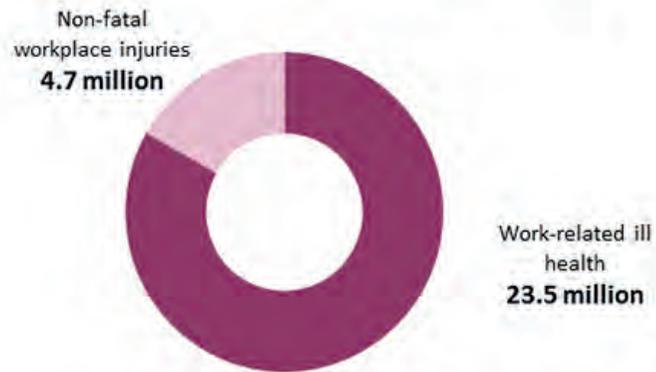


## YOGA MEDITATION & MINDFULNESS IN THE WORKPLACE

Yoga, meditation and mindfulness helps prevent burnout and gives individuals some much needed energy, clarity, calm and stress release to continue their working day. These practices are not just workout or exercise class it's a pathway to a happier and more content life.

2018 / 19 there were 28.2 million estimated working days lost due to work-related ill health and non-fatal workplace injuries

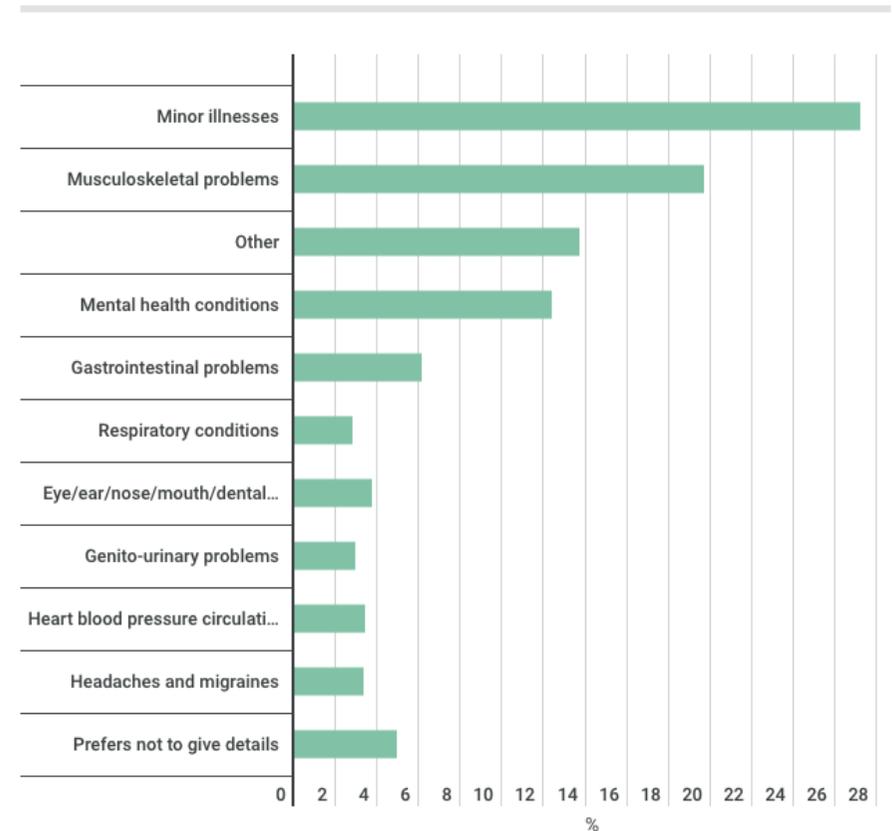
## Working days lost, 2018/19



Source: Labour Force Survey (LFS) self-reported estimates

- Stress, depression or anxiety and musculoskeletal disorders accounted for the majority of days lost due to work-related ill health, 12.8 million and 6.9 million respectively.
- On average, each person suffering took around 15.1 days off work. This varies as follows:
  - 8.1 days for Injuries
  - 17.3 days for Ill health cases
  - 21.2 days for Stress, depression or anxiety
  - 13.8 days for Musculoskeletal disorders

## Reasons given for sickness absence in 2018



## **COVID-19 has lead to more employees working from home.**

Global studies have found the pandemic is impacting mental health around the world.  
Over 40% of people said their mental health has declined since the COVID-19 outbreak.

In that same time period, the number of people who describe the state of their mental health as a 3 or less on a 10-point scale has doubled as workers report more anxiety and stress.

Covid-19 has affected all our lives. One area of concern with regard to mental health is how this is affecting individuals ability to be productive in the workplace and at home.

Things are changing fast, and many of us are worrying about what it all means for ourselves and for our loved ones. Those who are already living with mental health problems are facing extra challenges too, with an overload of the NHS and spending freezes.

Good mental health is an asset and is also linked to good physical health – both of which support positive social and economic outcomes for individuals and society.

One of the biggest findings is that not having the ability of 'unplugging' from work, unplugging from devices and screens, is leaving people with mental fatigue which then ricochet into physical fatigue.

As well as reporting as having reduced concentration, feelings of being lonely and needing collaboration with others, as well as chronic back and neck pain as dining rooms or kitchen tables become a substitute workspace, as employees are working for hours over laptops without movement breaks.

The BBC ran a report in May 2020 stating that since working at home has become the new normal and the pressure of the pandemic, Alcoholics Anonymous have had a 300% increase in enquiries.

### **How can yoga , meditation and mindfulness help?.**

Since the 1970s, yoga, meditation and mindfulness have been studied as possible treatments for depression and anxiety. There is lots of research to demonstrate that these activities improve general well-being, as well as creativity and productivity and have been shown to affect how the brain works and even its structure. People undertaking these holistic practice have shown increased activity in the area of the brain associated with positive emotion, the pre-frontal cortex , which is generally less active in people who are depressed.

## Benefits of yoga in the work place

**Reduce Stress:** It's no secret that work can be stressful and yoga is the perfect antidote. Stress alone leads to changes in mood, poor performance, and anxiety. Looking for ways to reduce employee stress so they can be more productive, have more positive interactions with coworkers, and stay focused, pays off for organisations.

**Increase Focus:** By combining movement and breath, your yoga practice does not allow for a wandering mind. By being present "in the moment" you'll learn to control your mind so you can focus on the task at hand. A vitally useful skill to have in a workplace where multitasking is a way of life.

**Boost Immunity:** Yoga activates your immune system, gets your blood flowing and stimulates your lymphatic system. Yoga also supports healthy bones through weight-bearing exercises. With all those health benefits it can lead to less sick days and higher performance amongst employees.

**Improve Posture:** Sitting all day wreaks havoc on your posture and the natural curves of the spine slowly start to reverse as you hunch over your computer desk. A huge benefit of yoga is finding the natural curves of the spine. Yoga also stretches major muscles groups and increases joint mobility to prevent joint aches and stiffness.

**Increase Confidence:** When you are confident in your body, it shows in other areas of your life. Yoga increases body confidence by showing you just how strong and nimble you can be. The poses are designed to increase flexibility while building muscle strength and improving cardiovascular health. Small changes lead to major results.

**Boost Morale:** Getting to try a yoga class while bonding with your co-workers is a benefit that far exceeds any team building event. You can connect and humanise people.

**Improve Digestion:** Stress and anxiety, sitting all day and not moving around enough, mindlessly eating at your desk all cause digestive distress but many yoga postures aid in digestion. Stress reduction can also decrease acidity, heartburn, and indigestion.

**Increase Energy:** Exercise has been proven to increase your energy. It's easy to become sedentary when trying to balance out the demands of work and family life but it's actually counter-productive. The less active you are, the quicker you fatigue and the less energy you'll have to tackle everything. Taking the time to focus on yourself is just the boost you need to tackle the rest of your day.

**Improve Breathing:** Yoga supports you to bring awareness to your breathing. When you are not breathing fully, and shortening your breath, it depletes your energy and can make you feel sluggish because your vital organs (think brain) are not getting the oxygen they need.

**Increase Flexibility:** By increasing flexibility in your body, you also learn how to increase flexibility in other key areas of your life. Suddenly the things that you were feeling rigid about are not as important anymore. Learning how to go with the flow helps to decrease stress and anxiety and helps you roll with the punches in an ever-changing work environment.

## Online and in person classes

Morning classes online or in person from 7am

Lunchtime classes online or in person from 11am

Afternoon classes online or in person from 4:30pm

The length of classes from 45 minutes or the average 60 minutes



### Online class via Zoom

Broadcast from a purpose built yoga studio with professional lighting and studio microphone



### In person classes

Held in the company gym, boardroom or empty office space



## Online or in person classes

### Gentle Yoga

Gentle yoga practice equally strengthens and stretches, increasing flexibility and repairing muscles that are in need of care. There will be no hurry to finish a sequence it's all about allowing yourself and your body to explore movement to encourage longevity and body, mind maintenance while stimulating blood and lymphatic flow warming and mobilizing the joints and improving the flow of energy through the body and dissolve muscular and mental tension. Each class ends with guided relaxation and meditation.

Who is Yoga Gently for?

Beginners to yoga, those returning to yoga after time away from the mat, those who are Pregnant, If you're wanting a less-demanding practice, or recovering from an injury or have a medical issue.

### Yoga Flow

yoga flow exploration progressing through a category of traditional and contemporary postures. A fluid practice linking postural movement with options for those who wish to intensify in the practice with a more dynamic exploration while encouraging the flow of our breathe to be mindfully enjoyed. Each class ends with guided relaxation and meditation.

Who is Yoga Flow for?

Those who like a physical practice and are interested in delving into the strong more energetic side of yoga or those who have a yoga practice already

### Sound Bath

A gentle yoga class where the practice focus is on soothing the body and mind. Aiding limb & joint nourishment with gentle stretching which encourages balance of the autonomic nervous system, this practice offers yoga relaxation and sound therapy as you bathe among the healing vibrations of the Tibetan Singing Bowls, Rain stick and Sansula. The bowls vibrations resonate through every cell in the body allowing time and space to renew, rejuvenate, calming body and mind.

No yoga experience required for this class.



## Online and in person classes

### **Breathe & Be Still**

Breathing, meditation and mindfulness practice.

A session like this is to help ease stress, feelings of anxiousness and being overwhelmed, helping us to walk a calm and still path.

No yoga mat or stretchy Lycra needed, just your willingness to be peaceful, your desire to quieten a busy mind and an openness to discover a slower way of being. The practice will begin with breathing techniques to alter the functioning of our nervous system into the rest and digest parasympathetic response. This will lead us to a focused practice of being fully present / in the moment, before finishing our 'sit' together with a guided meditation to help ease fluctuations and agitations of the mind. It's a great way to discover these 'other' and very beautiful non-asana (movement) elements to practicing yoga.

### **Sleep Recovery**

A 5-step method for those who wish to sleep better!

How often do you wake up feeling refreshed and well rested every morning? Do you often get more than 5-6 hours of sleep a night? Does your phone come to bed with you each evening? Have you ever popped a pill in hopes of finding dreamland or relied on coffee to power through exhaustion? Maybe this is you or someone you know. Between stress, caffeine, poor sleep habits, hormonal changes and work and parenting demands, most of us go sleepless at some point. The 5-step sleep recovery course, looks at the whole picture, body, mind, breathing, energy, diet, sleep saboteurs, emotional state and life's purpose.



Clients



**Debevoise  
& Plimpton**



## About the teacher

I'm a creative. A thinker. A questioner and social justice seeker. I have followed my two passions in life, yoga and art. I began practicing yoga 24 years ago as weak and inflexible teenager. Within one year of that first class, I could feel that physically and mentally there was a change for me. Yoga was the missing piece to my individuality and independence,, it became my freedom of movement, the stones that my confidence was built on, the foundations of a managing stress and anxieties as well as an important part of my daily routine. The physical and mental benefits of the practice very quickly began to show.

For me, it was 16 years of having a dedicated yoga practice and simply being a 'student' practitioner before I even thought about becoming a teacher. I navigated through the highs and lows of my twenties and thirties, seeking the practice while working as product designer for major high-street blue chip retailers. After 16 years the natural path for me was to step into a teacher role. Now I am very much a student still but I have the benefit to be able to share my learnings.

I found love in anatomy research, especially the individuality of anatomy, we are all so different, this led me into becoming focused on becoming creative with my yoga sequences and teach with an undogmatic approach. Creating a yoga practice that intertwines with my creative has allowed me to be innovates on the mat, designing fun sequences with informative learnings. I wish for my yoga teachings serve the purpose of deepening a connection not only to ourselves, but with the people around us. I believe in people, I believe in the potential people, their movement potential, their kindness, the will and want to cultivating a strong sense of community and togetherness.

But most of all I believe that 'We' the people make the difference.



### Get in touch



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## Testimonials

Jo Weald

I was recommended to Hey Karma yoga with Paula by a friend when I decided to try something new in a milestone birthday year. Paula's teaching style is fun, inclusive & relaxed with each class being different. The online classes have been fantastic and really easy to follow. It's as if Paula is in my living room. Two years on and I'm continuing to love yoga with Hey Karma and I'm definitely feeling the benefits in mind & body. If you're looking for an experienced & inspirational instructor, I would highly recommend Hey Karma yoga with Paula.

Dionne Ryder

Paula is a gifted and inspirational yoga teacher. She is hugely knowledgeable, caring, patient, kind, thoughtful, imaginative and intuitive.

I have been attending her classes now for a number of years and really value the time I spend with her developing my yoga practice.

Every class is different, as Paula tunes into the group, listening and responding to participants needs. Through her extensive knowledge she has an ability to explain the body/mind interaction making her classes meaningful for participants. Paula takes time to get to know everyone, so all feel welcome and valued. She is constantly reflecting on and developing her skills set and her continued learning benefits all of her clients.

As a physiotherapist I highly recommend Paula. Join her classes and see for yourself.

Hugo Dolton

Yoga with Paula is awesome. Paula is a very knowledgeable and experienced yogi who takes you on a journey in every session. Her classes are fluid dynamic and original with the perfect balance of movement, exercise and spirituality. I would totally recommend to anyone either face to face or online.

Kerriane Doughty

I just wanted to let you know that I really enjoyed the posture class. Chair pose is one of the moves I find the hardest as my knees just tend to scream in pain.

I think it is my fault as I'm always trying to sit lower as I feel as though my bottom is in the air. It was so helpful to see the photos of the other people doing it and all the differences. I found it so much easier to engage my abdomen which stops the curving in my back. I also found to squeeze the legs together help and also not to go so low but make my glutes work and move back helps so much with my knees. It was so good to see all the differences and really encourages you to work with your body and not feel so inadequate and it seems so much easier. It's funny, they're all simple things when explained and make so much sense but I suppose in class we don't have the time to delve into each move otherwise the class would never end!!

Thanks again and especially for all the effort you put in for it, I found it so helpful. Your passion to teach classes like this is so inspiring.

Quinton Farrell

Paula is fantastic to learn and do yoga with, both in face to face classes and now recently online classes.

She takes real pride in what she does, you always feel welcome and happy to be taught and guided by her. I think she is so knowledgeable

and really wants to share her knowledge with her students. I can highly recommend either starting or developing your yoga journey with her at Hey Karma Yoga

# Reviews of my teaching

**Tina de Souza**  
February 27 · Welwyn Garden City

Loved yoga tonight 😊 thank you Paula x

Love Comment

You and 2 others

Seen by 93

**Paula Malloy** Thanks Tina de Souza it was a tough one tonight and you all did amazingly with that peak posture...love teaching you all xx

Like · Reply · February 27 at 9:52pm

**Carol Taylor**  
February 23 · Hatfield

Loved tonight's session Paula, thank you x💕

Love Comment

You, Sarah Brand and 1 other

Seen by 84

Write a comment...

**Hayley Bell**  
February 17

I just wanted to say how much I enjoyed this mornings class - I was walking my dog over the fields and woods after and physically felt my heart, shoulders and neck area widen and open, I truly feel invigorated now x

**Jules Bridgman**  
January 15

Lovely morning yoga class to start off a Sunday 🙏 .. Thank you Paula, it was just what I needed .. xx #heykarmayoga

Like Comment

You and 5 others

Seen by 108

**Paula Malloy** Absolute pleasure Jules Bridgman great to have you xx

Like · Reply · January 15 at 1:48pm

**Mark Parsons**  
December 5, 2016

Great relaxing yoga session this evening .....think I need a practice like that at the end of most of my days 😊

Like Comment

You and 1 other

Seen by 75

**Paula Malloy** Thanks Mark Parsons tonight's class is getting a lot of love. I'm the same I need more relaxing practices in my personal practice as well 😊 x

Like · Reply · December 5, 2016 at 7:57pm

**Laura Gatehouse**  
February 18 · Hatfield

Great class today Paula. Really enjoyed it. I feel awake and energized and like I had a good work out. Thanks again x

Love Comment

You and 1 other

Seen by 98

**Paula Malloy** Hey hey Laura Gatehouse soooooo happy you feel so energised after a practice, it's so lovely to hear how my yogis feel after a practice with you xx

Like · Reply · February 18 at 1:54pm

**David Falvey**  
February 22

Have so missed your classes. Glad to be recovering and hope to make the Thursday class.

Like Comment

Seen by 83

**Paula Malloy** Hey David Falvey get well soon, there's a lot of love for you xx

Like · Reply · February 22 at 10:15am

**Niamh Hynes**  
December 16, 2016

Paula - that was the most amazing Yoga class this morning. Thank you so much. Exactly what I needed. Hope you have a wonderful Christmas and so looking forward to more Yoga with you next year xxx

Like Comment

You, Sarah Brand and Colin James Gardener

**Suzanne Kelly**  
March 12 · Welwyn

Paula Thank you so much for organising such a perfectly wonderful day. Your attention to detail for your yogis is amazing! 🙏🙏🙏🙏🙏🙏

Love Comment

You and 4 others

Seen by 91

**Paula Malloy** Thank you Suzanne Kelly hope you have a great day xx

Like · Reply · March 12 at 10:15am

**Linda Chaney**  
January 8

Great rest and restore yoga class tonight Paula. Enjoyed it very much

Like Comment

You, Sarah Brand and 1 other

Seen by 90

**Paula Malloy** Thank you Linda Chaney so much for your feedback xx

Like · Reply · January 8 at 10:15am

**Claire Ashby**  
March 10

Found today very relaxing and my hips are much freer, thank you Paula.

Love Comment

You and 1 other

Seen by 92

**Paula Malloy** Hey Claire Ashby so glad to hear it's helped you. It's been hip opening all week for everyone. Lots of free moving hips out in Hertfordshire ready for the weekend x

Like · Reply · March 10 at 1:43pm

**Charlotte Harrison-Webb**  
April 1

Another amazing Yoga class- thanks Paula. Taking 75 mins out of a busy week for your class makes a huge difference to my mindset. Thank you & hope you had a great birthday x

Love Comment

You, Laura Wheeler and 6 others