

It really works:

"..a complete success.."

Rachel Oliver Human Resources
Manager Barry Callebaut (UK) Ltd

*"..increases flexibility,
releases stress..provides a
brighter start to the day"*

Tony Ward Director, British Airports
Authority

*"Great! . It really is first class
and very professional"*.

Lesley Buckeridge Director Fishawack
Communications

A very good lunchtime
session.

Dr John Savin, CEO Physiomics Ltd.

*Logos: Some of the companies whose employees
have attended YogaUnlimited sessions*

Run by people who
know yoga, and know
business.

On site classes available before work, at
lunch-time or immediately after work. A
popular initiative, simple to provide. All
the resources you need are available to
download from our website.

- Single planning meeting is all that's required. No costly set up fees. Easy to audit.
- To book a free on-site visit to discuss your particular needs or
- To request further information

Please contact: Hugh Poulton
at YogaUnlimited.

Yoga Unlimited founder Hugh Poulton
has worked in senior roles within
operational and general management
for over 20 years. He has also practised
yoga for most of his adult life, studying in
South East Asia and Europe, taught by
world class Ashtanga practitioners. He
continues to study, and began his own
teaching in 1995.

yogaunlimited

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yogaunlimited

Enhancing profitability

Creativity
Productivity
**Manage
Focus**

Enhance
profitability with
Yogaunlimited

Raise Productivity

Enhance Creativity

Focus on
Occupational Health
and Sick Absence

Manage Good
Times and Bad

Tel: 01869 340335



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www.yogaunlimited.co.uk



Telelogic

CHIRON



FISHAWACK
group of companies



PharmaVentures
Science. Intelligence. Knowledge.

PHYSIOMICS
A National Instruments Company

Raise Productivity

Yoga can address so many of the soft issues that undermine productivity in today's Workplace. It is effective at:

1. Working positively with change and uncertainty.
2. Achieving work / life balance.
3. Living your life without fatigue.

Boost Creativity

The pressures and burdens of work and life in general often suppress our natural creativity.

Solutions 'come to us' when our minds are less preoccupied and allowed to 'be' and we trust our intuition.

We teach a yoga practice that works at reducing the effects of such pressures, burdens and preoccupations, and so enhances the creative potential for everyone.

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Manage Good Times and Bad

All organisations go through cycles which place changing demands on those involved.

- Dealing with expansion and success through keeping a sense of perspective resolving priorities and remaining real and grounded.
- Positive approach to downsizing and redundancy to help improve resilience to stressful situation.

YogaUnlimited

teach three key yoga principles to deliver maximum benefit in the shortest possible time.

- Yoga breath, teaches how to do more with less effort.
- Cultivating key internal locks deep within the body, teaches how to become more flexible in the way we think and act.
- The breath, locks and a carefully selected sequence of yoga postures helps life to be lived without fatigue.

These techniques can be learnt over a period of **6 sessions** and participants are encouraged to adopt a **daily 7 minute** programme which maintains and enhances these benefits.

Focus on Occupational Health and Sick Absence

Yoga has long been recognised to have a positive impact on many common conditions.

Participants have reported benefits in many areas including:

- Lower backpain and backache
- Managing crises and stress
- High Blood Pressure and asthma
- Reducing Tension, headaches improving sleep
- Increasing self esteem
- Building energy, stamina an all round fitness
- Return to post natal fitness

See www.yogaunlimited.co.uk for details.

Simple backache represents 95% of the 14—15 million GP consultations for backpain per year.

"backpain **11 million working days ...£5bn** are lost to industry every year." *Tessa Jowell Health Minister 30/6/99*

13.4 million working days lost to stress, depression and anxiety in 2001...work related stress costs society £3.7bn a year (1995 prices HSC report 2004)