

Yoga to reset, recharge & refocus

CORPORATE YOGA FOR EMPOWERED EMPLOYEE HEALTH AND WELL-BEING, STRESS RELIEF, AND WORKPLACE PRODUCTIVITY IN CANBERRA

Flow and Food is an elevated, authentic, and holistic Yoga and Ayurveda offering for balance, wellness, and true holistic health. Corporate yoga classes with Flow and Food founder, Tracey Murray, aim to support public and private sector professionals with employee well-being, stress relief, and workplace productivity. Tracey has over a decade of practitioner knowledge and teaching practice. She offers Yoga and Ayurveda holistically to support people's health and well-being so they can reduce their own suffering. Yoga classes with Tracey are well-paced, clear, influential and steady to safely build resilience, soothe nervous systems, and nurture the mind-body connection.

Key benefits of Corporate Yoga with Tracey

- Relieves neck, back, and shoulder tension from desk work
- Reduces workplace stress and anxiety
- Improves focus, energy, and mental clarity
- Creates self-awareness and stability in our fast-paced modern world
- Builds team morale in a calm setting





A mind-body break

CREATE AN AUTHENTIC PARTNERSHIP WITH TRACEY TO
EASE EMPLOYEE FATIGUE AND RECHARGE SYSTEMS

MIDDAY OFFICE YOGA RESET

Routine Flow and Food lunchtime office yoga classes are the perfect blend of movement, deep stretching, breathwork, and calm for a whole-body-mind reset. Classes practised in your office environment will effectively unwind, de-stress and defrag workers. With Tracey, yoga classes are safely structured and well-paced to suit all preferences, body types and ages. They are authentic and include yoga postures (asanas), targeted breath work (pranayama), and mindful moments (guided meditation).

THE CALM ANCHOR: MEDITATION FOR EASE

Learning how and why to meditate is an essential skill for a content, purposeful life.

Over 4 progressive sessions, get the knowledge, skills and tools to develop a simple and effective daily meditation practice at home. Understand what meditation is and isn't, the barriers to meditation and how to overcome them and the modern science behind meditation. Practice in person each week and take home a weekly guided recording to keep the practice going in between sessions. No experience necessary, suitable for beginners and any body type.

MEET TRACEY: 0437144352

Call Tracey now to book a meeting to explore yoga and meditation for your team. We'll discuss parameters, workspace layout, logistics, timing and student needs.

www.flowandfood.com.au



BOOK A
MEETING
WITH TRACEY