



Holistically Healthy You

.. THE AHH & THE OM!

15 MINUTE DAILY CHAIR YOGA CLASS

WELLNESS SERVICE
PROPOSAL



THE CHALLENGE

The latest statistics from the Health and Safety Executive (HSE) show that in Great Britain in 2020/21, approximately 470,000 workers reported suffering from new or longstanding work-related musculoskeletal disorders (MSDs). MSDs accounted for 28 per cent of all work-related ill health in Britain in 2020/21 and the total cost of work-related ill health to Britain is estimated to be in excess of £16 billion (British Safety Council 2022).

THE ISSUE

With many people functioning as desk based workers, it can be a challenge to schedule in regular, structured fitness based movement into the working day, which impacts upon the musculoskeletal health and general wellbeing of staff and the bottom line for employers if health deteriorates and costly staff sickness and absence costs kick in for the company.

THE SOLUTION

If you want to effectively support the musculoskeletal, wellbeing and overall holistic health of your staff and/or colleagues, you really need to be providing regular, consistent, targeted mobility practice and stress management offerings for people to jump in and out of, en mass as needed.

MY SERVICE

"My solution is simple, I offer a 15 minute, online, daily chair yoga class. The live class takes place at **12pm - 12.15pm** each **day**, Monday to Friday, with 2 bonus sessions pre recorded for the weekend.

All classes are recorded (although no students are shown in the recording). Class links are available for 24 hours, so staff can actually do the class at any time. Or, if they miss a live session, they can catch up if they wish, or simply just jump in on the following session, the next day.. as my 15-minute classes happen every day without fail!"

HOW IT WORKS

- Contact me today at nikki@holisticallyhealthyyou.co.uk to sign up your corporation
- Pay a quarterly flat fee for the service
- Receive a registration link to the app to share with your staff / colleagues, for them to access classes
- Staff can attend as many classes as they wish during the paid term
- Renew your subscription ahead of each quarter to continue the service
- Reap the benefits for corporation and staff / colleagues alike