



## The Umbrella Yoga Corporate Collaboration

Umbrella Yoga CIC is a not-for-profit community interest company that brings yoga to people with additional mental and physical needs. With our 'corporate collaboration' we offer businesses the chance to meet their CSR needs and promote wellbeing in the workplace.

### **With 'The Umbrella Yoga Collaboration', we pair businesses with charities, and bring yoga to:**

- **Your employees**, where reducing stress and promoting wellbeing in the workplace are key benefits; and
- **People with additional physical or mental needs**, which can enhance quality of life by helping them to breathe, move, digest, and sleep more easily.

### **How do we do it?**

We start off with a one-off FREE session, then we set up regular online yoga sessions at a time that suits you. Alongside this, your participation provides sponsorship to run tailored yoga classes for a group with special needs or specific medical difficulties.

Charities we currently work with include WomenCentre (a wellbeing and mental health service for women in crisis), Waves (a day centre for adults with learning difficulties), and MenCap (a service for people with severe mental and physical disabilities). Organisations such as these are unable to fund 'additional' services, however the benefits of yoga for these individuals are extensive.

### **Why yoga?**

Research shows that yoga can:

- Develop the ability to relax, and improve quality of sleep
- Manage and reduce the feeling of fear, frustration and stress
- Improve mobility, physical strength and postural alignment
- Increase energy levels
- Regulate breathing
- Improve digestion
- Establish calm, and help with organising mental states
- Reduce hyperactivity

### **Being part of the Umbrella Yoga Collaboration - the detail**

By joining the Umbrella Yoga Collaboration, you will be bringing the benefits of yoga to both your staff and to a group of people with additional physical or mental needs.

### Your package will include:

- A regular online yoga session provided for your staff. This can be recorded and provided to staff members at a later time if they are unable to attend the session.
- The sponsorship of a charity service or day centre. We will deliver a regular tailored yoga class to a group with special needs or specific mental health difficulties.
- We will publicise your involvement on social media and also ensure the charity/service is aware that your business is making this direct contribution to their service. If you would like updates on the progress of the group and feedback from the service, we will happily provide it.

### What does it cost?

We will start with a trial period of 5 weeks, which will include 5 yoga sessions in your workplace, and 5 sessions with one of our charities. [The total cost of the trial period is £600.](#)

After this, we ask you to commit to a 6-month or 12-month period. This is necessary because we need to offer continuity and consistency to your paired charity service / day centre. [If you commit to 6-months, the cost is £145 per week \(including one workplace and one charity session\).](#) [If you commit to 12-months, the cost is £120 per week.](#)

You have the option to increase the number of sessions / charities that you sponsor. For instance, if you sponsor two charity sessions for every one workplace session, the cost is £200 per set.

If you would like to discuss tailoring the package to your needs, please do get in touch.

### About me....

My name is Ellie and I'm the founder of Umbrella Yoga CIC. I am a yoga student and teacher (registered with Yoga Alliance), and I am passionate about bringing yoga to people who can really benefit from it. I have a PhD in Cognitive Science and have worked in research in autism and related conditions for over 15 years. I also have specific training in Yoga for Adults with Special Needs. If you would like a full CV, references from current or previous employers, or reviews from my yoga students, please ask me. [Namaste.](#)

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