

# Umbrella Yoga CIC

Inclusive yoga & wellbeing programmes for workplaces

**Workplace Wellbeing that  
Creates Real Impact**



# OUR MISSION



Umbrella Yoga CIC is a not-for-profit Community Interest Company dedicated to making yoga and mindful movement accessible to everyone, especially people with additional mental and physical needs.



We work in partnership with businesses, public sector organisations, and charities to deliver inclusive workplace wellbeing programmes. Income from our workplace work directly supports our community and additional-needs yoga provision.

## **Our impact in 2025**

We delivered 1,156 yoga sessions with over 12,000 attendances in total. Support meaningful community impact while investing in your team's physical and mental wellbeing.

# WHY WORKPLACE WELLBEING MATTERS

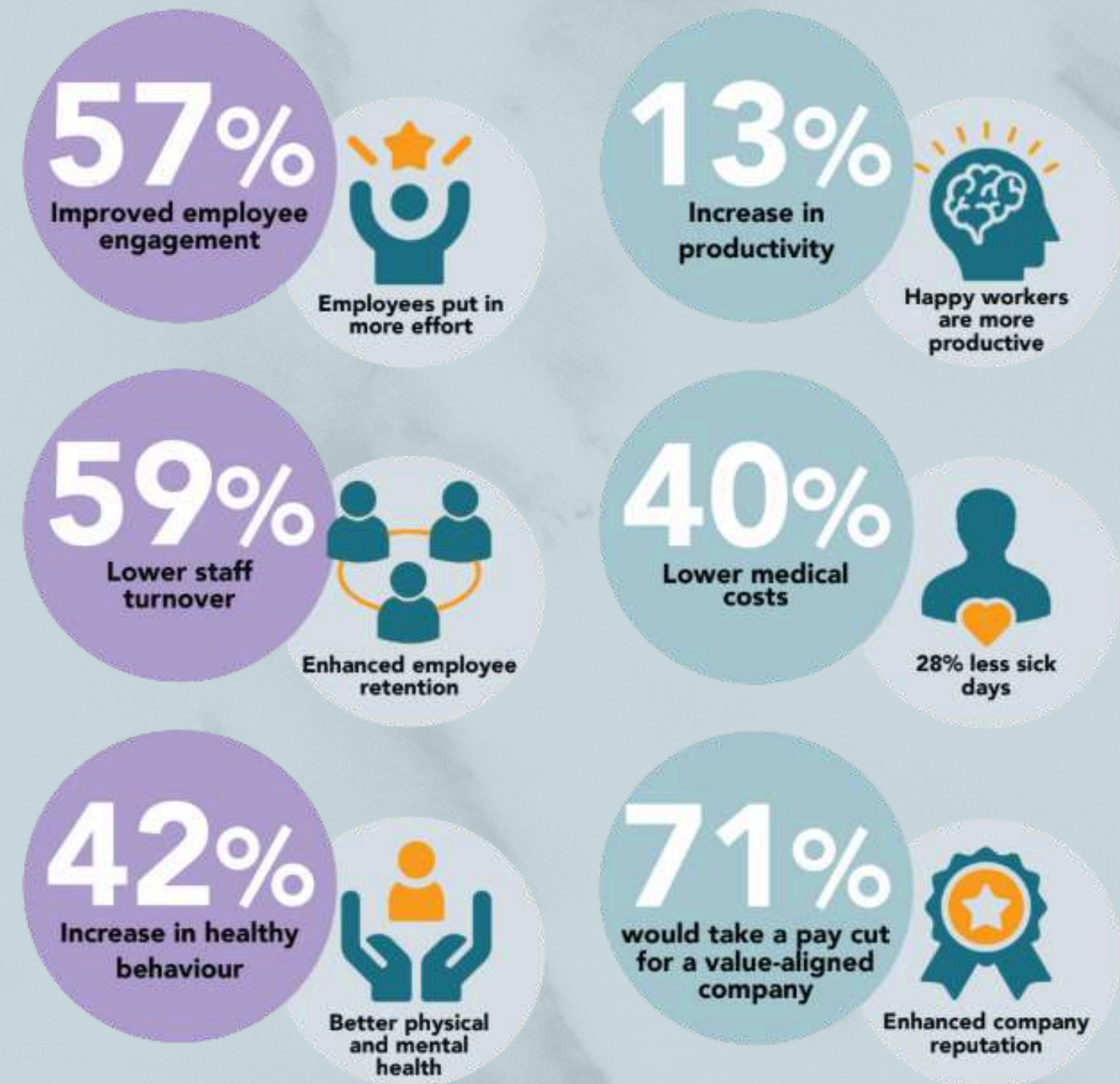


## Why invest in Staff Wellbeing?

Promoting staff wellbeing is not only ethically important, it also makes good business sense.

A supported workforce is healthier, more engaged, and more resilient.

Research shows that investing in wellbeing leads to:



# 12-WEEK WELLBEING PROGRAMMES



**For meaningful, long-term impact, we recommend 12-week workplace wellbeing programmes.**

Sustainable wellbeing takes time. Regular yoga sessions allow:

- Healthy habits to form
- Stress regulation skills to embed
- Improved energy, mobility, sleep, and focus
- Stronger team connection and engagement



This is our recommended option for organisations seeking sustainable wellbeing and measurable impact.

# ALTERNATIVE WELLBEING OPTIONS



While our 12-week programmes offer the greatest long-term impact, we also provide flexible alternatives to suit different organisational needs, timelines, and budgets.

## 6-Week Wellbeing Programmes

A focused, time-bound option ideal for:

- Introducing yoga and mindful movement to your team
- Supporting staff through busier or more demanding periods
- Seasonal wellbeing resets (e.g. winter fatigue, post-summer return, year-end pressure)



Six-week yoga programmes help employees build initial awareness, develop simple stress-management tools, and experience the benefits of regular practice in a manageable timeframe.

# WORKSHOPS & WELLBEING EVENTS



Alongside ongoing programmes, we offer standalone **WORKSHOPS** and wellbeing **EVENTS** that fit naturally into workplace culture and existing staff initiatives.

These sessions are ideal for organisations looking to support wellbeing without committing to a longer programme.

All workshops are:

- ✓ Suitable for complete beginners
- ✓ Adaptable for chair-based or office-friendly settings
  - ✓ Trauma-informed and person-centred
- ✓ Delivered with care, clarity, and professionalism



# WORKSHOPS & WELLBEING EVENTS



## Wellbeing Days - Yoga Class In Person or Online

Perfect for company-wide wellbeing days or internal campaigns. Sessions can include:

- Gentle movement and relaxation
- Stress reduction and nervous system regulation
- Guided breathing and mindfulness
- Short, accessible practices suitable for all abilities

Designed to be inclusive, engaging, and easy to integrate into a wider wellbeing schedule.



# WORKSHOPS



Inclusive wellbeing workshops focused on nervous system regulation and stress management.

- **Nervous System & Art:** Regulation techniques to exit "fight or flight" and creative self-care. - Duration flexible
- **The Deep Wind-Down:** Focused relaxation through gentle yoga and a full hour of Yoga Nidra. - Duration: 2 Hours
- **Energy & Hybrids:** "Inner Power" workshops, yoga/soundbath combos, and Dru energy block releases. - Duration: 15 mins – 1/2 Day
- **Calm your Nervous System:** A four-week guided journey into deep rest, combining mindful movement, meditation, and research-led techniques to reduce stress and restore balance.



# EXTEND THE IMPACT: VIRTUAL WELLBEING STUDIO

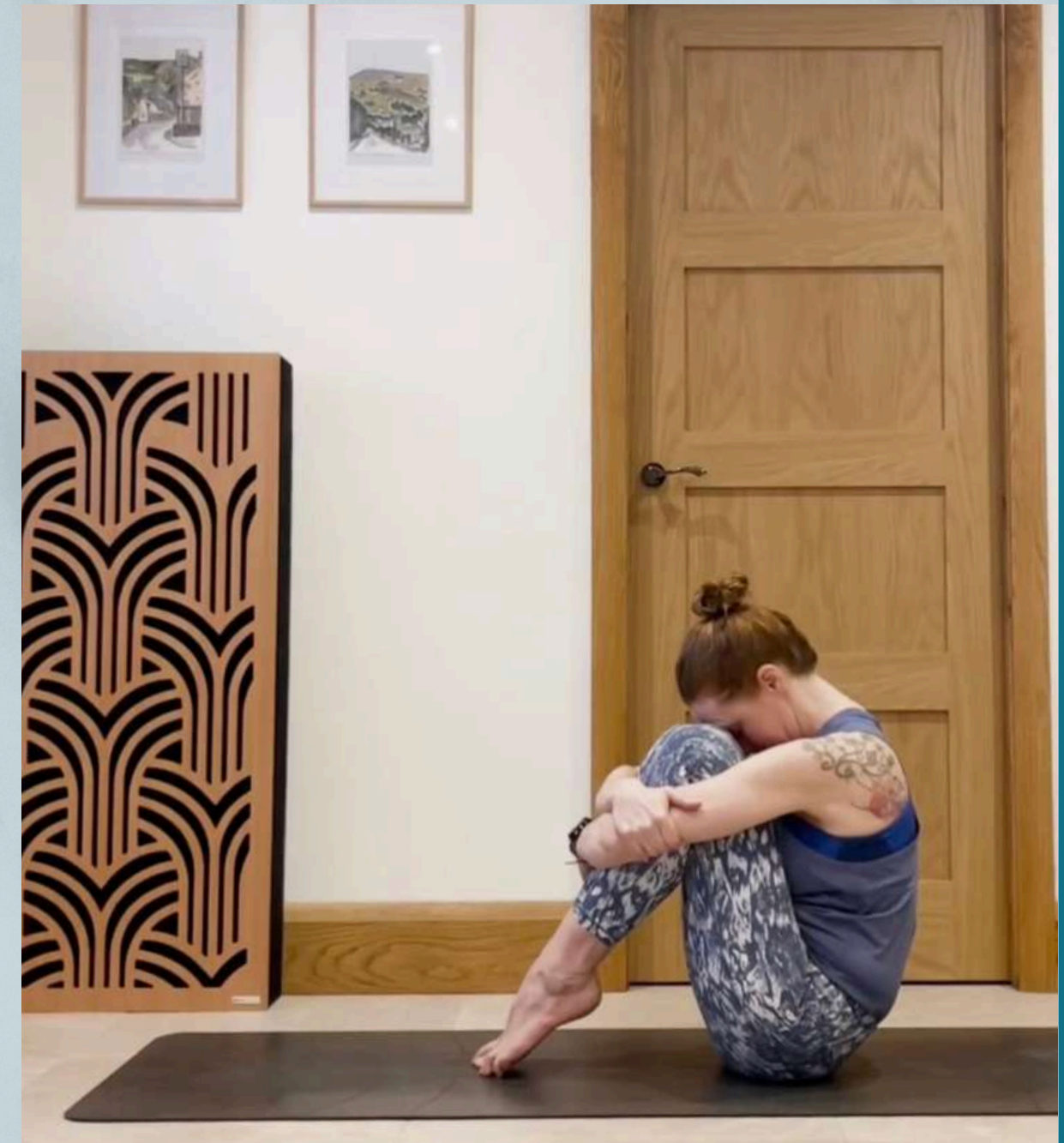


For continued support beyond live sessions, we offer access to our Virtual Wellbeing Studio.

Includes:

- On-demand yoga and mindful movement
- Short practices for stress, focus, and energy
- Accessible anytime, anywhere
- Ideal for hybrid, remote, or shift-based teams

Combining live sessions with digital access creates a blended wellbeing approach that embeds wellbeing into everyday life.



# TESTIMONIAL



“As part of a staff training day, our team at Oldham Council enjoyed a yoga session with Ellie. The aim was to encourage members of the team to relax, to let their creativity flow and to enhance working relationships in an informal and non-hierarchical way.

Ellie was inclusive, friendly and encouraging; adapting the session so all of our varied team members could take part and enjoy it, and even creating a sense of peace and calm in a corporate training room – which is no mean feat! Afterwards, many staff said it was the best training session they’d ever had. The session was fantastic, as well as being great value for money, and we would highly recommend it.”

**Jeni Harvey. Head of Communications and Research at Oldham Council**

# NOT INTO YOGA AT WORK?



Supporting wellbeing doesn't have to mean running classes in your workplace. Organisations can also choose to:

- Sponsor one of our additional-needs yoga groups
- Support sessions for people with learning disabilities or other additional needs
- Contribute to local community wellbeing in a meaningful, visible way

This option is ideal for organisations that:

- Want to support local impact
- Are looking for social value or ESG-aligned initiatives
- May not be ready to introduce yoga in the workplace.



We're happy to discuss sponsorship options and share the impact your support can make.

**Let's Create a Healthier Workplace with**

# **Umbrella Yoga CIC**

**For pricing, availability, or to design a programme that fits your organisation,  
please contact us.**

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[07401 964 218](tel:07401964218)

[www.umbrellayoga.co.uk](http://www.umbrellayoga.co.uk)



By choosing Umbrella Yoga, you support staff wellbeing and fund inclusive community yoga sessions.