

# CORPORATE WELLNESS LIVE STREAMING



## HOW IT WORKS:

- Live sessions can be set up using either Zoom or your internal conferencing software.
- All sessions require minimal to no equipment and can be done from home.
- Instructors will start all live streams 10 before the allocated start time.
- We run a live chat function within each session to enable conversation among participants and between participants and instructor.
- Option to run multiple sessions per week.
- Ebb&Flow will provide all internal promotional content and admin of set up.

PLEASE SEE FAQ OVERLEAF

CONTACT: [info@ebbflowcorporatewellness.co.uk](mailto:info@ebbflowcorporatewellness.co.uk)

## YOGA

Our yoga classes are designed and aimed at bringing a feeling of calm and relaxation to your day.

These 45 minute live classes can be streamed from the comfort of your own home, and are perfect first thing in the morning, as a mid-day break, or in the evening to wind down.

Choose from a variety of different styles that can be tailored to suit all levels; whether that's a dynamic flow to build strength or something more restorative to calm the mind and nervous system.

*Most popular is a variety of different classes.*

## MINDFULNESS

Simple mindfulness workshops and short meditation sessions led by our experts in mental health.

Many people are now working from home which means bringing the stresses of work into your personal life. These sessions will teach breathing techniques to aid relaxation and equip participants with tips to ensure their day remains as stress-free as possible.

Includes live Q&A and a short audio meditation which can be sent out after for personal use.

## FITNESS

30 - 40 minute live sweat sessions led by our personal trainer - no equipment required!

### FAMILY FIT

A high energy, fun workout that can involve the whole family!

### TONE AT HOME

Using only bodyweight to improve strength, increase muscle definition and tone.

### LEGS, BUMS & TUMS

Working on these three key areas of the body to burn calories, build muscle & lose weight.

*Option to alternate the above or stick to one as a series.*

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## FAQ

### *Do we need additional insurance?*

All insurance is covered through Ebb&Flow and participants of the active streams will just need to sign a waiver that can be sent out online.

### *What equipment is needed?*

If you have a yoga mat at home then that is ideal, otherwise a towel will suffice. The instructor will advise of any additional props required for the class and suitable household replacements for those without!

For yoga and fitness classes, the instructor will also provide a link to a Spotify playlist for anyone wanting music in the background.

### *How much space do we need?*

Just enough space to roll out your towel or mat!

### *Will people be able to see each other?*

Yes, others in the class will be able to see you, however participants are able to turn their videos off if they would like.

### *Will people be able to talk to each other?*

All participants will be muted upon entry; if you would like to ask a question then please use the CHAT function within the call, as people will be able to see this and respond. No one apart from the instructor should be heard during the session.

You can also use the feature to chat to colleagues and each other before and after the session.

For any additional questions, please contact  
[info@ebbflowcorporatewellness.co.uk](mailto:info@ebbflowcorporatewellness.co.uk)