

# OM MOVEMENT CORPORATE PROGRAM



WE ARE PASSIONATE ABOUT SHARING THE POWER OF MOVEMENT AND CONSCIOUS PRACTICES THROUGHOUT OUR CORPORATE COMMUNITY.

RESEARCH SHOWS THAT TOTAL ANNUAL COSTS DUE TO STRESS-RELATED ABSENCES TO EMPLOYERS IS \$3.5B+. PROVIDING EMPLOYEES TOOLS TO BETTER MANAGE THEIR OVERALL WELLNESS IS A WISE INVESTMENT THAT PAYS OFF TWO FOLD, FOR NOT ONLY THE EMPLOYEE BUT THE COMPANY IN THE LONG RUN.

# Corporate Wellness Facts

## 78% OF BUSINESSES

SAY THAT EMPLOYEE WELLNESS IS A CRITICAL PART OF THEIR BUSINESS PLAN



## 91% OF WORKERS

AT COMPANIES THAT SUPPORT WELLNESS EFFORTS, FEEL MOTIVATED TO DO THEIR BEST



## 38% OF PARTICIPANTS

SAID THEIR WELLNESS PROGRAM HELPED THEM TAKE FEWER SICK DAYS



## 68% OF EMPLOYEES

AGREE THAT THEY'VE MADE BETTER LIFESTYLE CHOICES BECAUSE OF THEIR COMPANY'S WELLNESS PROGRAM



Rise People Inc. 2017

WE HAVE KNOWLEDGEABLE, PERSONABLE TEACHERS WITH EXTENSIVE EXPERIENCE IN DEVELOPING CUSTOMIZED CORPORATE WELLNESS PROGRAMS AND EXECUTING THEM.

THE FOLLOWING PAGES SHOWCASE THE PROGRAMS WE'VE DEVELOPED AND CURRENTLY OFFER. IN ADDITION, OUR WEEKEND CORPORATE RETREATS OR THREE HOURS WORKSHOPS CONSIST OF:

**TEAM BUILDING EXERCISES**  
**GOAL SETTING**  
**GROWTH DEVELOPMENT PROGRAMS**  
**MENTAL AND PHYSICAL HEALTH AWARENESS**  
**MAINTENANCE LECTURES**  
**EMOTIONAL WELLNESS**

WITH MODALITIES THAT INCLUDE:

**MINDFULNESS TRAINING**  
**YOGA**  
**GOAL SETTING**  
**STRESS REDUCTION**  
**MINDFUL MOVEMENT**  
**REIKI**  
**EMOTIONAL FREEDOM TECHNIQUE (EFT)**





# PROGRAM

## INTRODUCTION TO MINDFULNESS

MINDFULNESS IS A TIMELESS PHILOSOPHY THAT HAS COME INTO MAINSTREAM CONSCIOUSNESS BECAUSE OF ITS NECESSITY FOR MENTAL AND PHYSICAL HEALTH IN OUR FAST PACED, STRESS-LADEN CULTURE. MINDFULNESS IS A BUZZWORD THAT REFERS TO THE PRACTICE OF FOCUSING ON ONE THING AT A TIME. A PRACTICE OF COMPLETE CALCULATED CONCENTRATION, BASED ON OFFERING ALL OF YOUR SENSES AND ATTENTION TO WHAT IS IN FRONT OF YOU AT THE PRESENT MOMENT. WE ARE MUCH LESS ACCURATE, COMPASSIONATE, AND EFFICIENT WHEN OUR THOUGHTS ARE SCATTERED AND OUR NERVOUS SYSTEM IS ON HIGH ALERT. MINDFULNESS TRAINING CONSISTS OF LEARNING HOW TO SLOW DOWN, BREATHE DEEP AND BE IN-TUNE WITH OUR MENTAL PHYSICAL AND EMOTIONAL STATE, AND OUR SURROUNDINGS AND ENGAGE WITH COMPLETE ATTENTION. WHEN WE CAN MASTER THIS STATE, WE MAKE WISER, MORE CALCULATED AND COMPASSIONATE DECISIONS NO MATTER THE ENVIRONMENT.

## MEDITATION

THE FOUNDATION OF MINDFULNESS, IS BASED ON REMEMBERING OUR NATURAL BASELINE OF OPTIMAL HEALTH. THIS STATE CONSISTS OF A CALM MIND, BODY AND EMOTIONS THROUGH THE PRACTICE OF MEDITATION. MEDITATION IS NOT A NEW-AGEY, ESOTERIC, HOODOO PRACTICE. IT IS THE ACT OF SLOWING DOWN AND RECONNECTING TO A BALANCED, HEALTHY STATE. IN THIS SESSION WE WILL LEARN A VERY PRACTICAL, BASIC METHOD OF MEDITATION THAT WITH BRIEF BUT CONSISTENT PRACTICE WILL RESULT IN THE ABILITY TO CALM THE MIND, AND ALL THE MAJOR SYSTEMS IN THE BODY TO OFFER THE PROPER REBOOT THAT IS NECESSARY FOR OPTIMAL MENTAL AND PHYSICAL HEALTH.

## BREATH TRAINING

DIVE DEEPER INTO THE POWER OF HARNESSING THE BREATH. PRANAYAMA IS THE YOGIC SCIENCE OF CONTROLLING ONES MENTAL, PHYSICAL AND EMOTIONAL ENERGY THROUGH THE CONTROL OF THE BREATH. IN THIS SESSION WE WILL BRIEFLY DISCUSS THE SCIENCE BEHIND WHY CONTROLLING THE BREATH IS SO EFFECTIVE IN CONTROLLING THE REST OF THE BODY. IN THIS COURSE WE WILL LEARN SIMPLE BREATHING TECHNIQUES THAT WE CAN UTILIZE TO ADDRESS SPECIFIC NEEDS. BREATH TRAINING CAN BE CRUCIAL AS WELL WHEN TRYING TO MANAGE INTRUSIVE THOUGHTS OR FEELINGS, AND CAN PROVIDE A POWERFUL TOOL TO RE-ORIENT PRIOR TO BEGINNING A COMPLEX OR TIME SENSITIVE PROCEDURE IN A HIGH STRESS ENVIRONMENT.

## BASIC PHYSICAL POSTURES

THIS COURSE WILL CONSIST OF LEARNING A FEW BASIC YOGA POSES AND THERAPEUTIC MOVEMENTS INTENDED TO ALLEVIATE TENSION AND KEEP THE BODY AGILE AND LESS PRONE TO STRAIN, INJURY AND THE NEGATIVE PHYSICAL SIDE EFFECTS OF CHRONIC STRESS. WE WILL LEARN SIMPLE, INCONSPICUOUS MOVEMENTS THAT CAN BE DONE DURING WORK AND MORE PENETRATING REHABILITATIVE SEQUENCES THAT CAN BE PRACTICED AT HOME.

## MINDFUL COMMUNICATION SKILLS

THIS COURSE WILL ADDRESS HOW YOGA AND MINDFULNESS CAN HELP WITH COMMUNICATION. AS WE KNOW, THE WAY INFORMATION IS DELIVERED IS JUST AS IMPORTANT AS THE INFORMATION THAT IS BEING GIVEN. THE TONE AND USE OF LANGUAGE CAN ALTER THE DYNAMIC OF AN INTERACTION TO BENEFIT OR HARM OUR DESIRED GOAL. OUR STYLE OF COMMUNICATION CAN MAKE A WORK ENVIRONMENT EFFICIENT AND PLEASANT OR STRESSFUL AND TOXIC. IN THIS SESSION WE WILL PRACTICE UTILIZING THE TOOLS WE HAVE LEARNED IN PRACTICAL SCENARIOS TO ACHIEVE THE OPTIMAL OUTCOME.





## **VISUALIZATION**

THE FOCUS OF THIS SESSION WILL BE VISUALIZATION, WHAT IT IS AND HOW TO USE IT FOR COMPLEX PROBLEM SOLVING AND CREATING OPTIMAL OUTCOMES. THROUGH BUILDING ON THE MEDITATION TECHNIQUES WE WILL CREATE A MENTAL WORKSHOP WHERE WE CAN BRING ANY SCENARIO INTO A MENTAL SPACE TO PROBLEM SOLVE, PRACTICE AND PREPARE FOR ANY POSSIBLE SITUATION. THE PROCESS OF VISUALIZATION PREPARES THE MIND AND THE NERVOUS SYSTEM SO THAT WHEN THE ACTUAL EVENT TAKES PLACE THE MIND AND BODY CAN REMAIN CALM.

## **MINDFULNESS & BURNOUT PREVENTION**

CREATION OF A CUSTOMIZED PERSONAL PRACTICE OF MINDFULNESS, MEDITATION AND YOGA FOR CONSISTENT HEALTH AND A MORE BALANCED LIFE. THE SIMPLE AND QUALITATIVE TOOLS LEARNED IN THIS PROGRAM CAN BE SEEN AS POWERFUL LIFE HACKS OR METHODS BY WHICH WE CAN LEARN TO CONTROL OUR LIVES BY BECOMING CONSCIOUS CREATORS OF EACH GIVEN MOMENT INSTEAD OF REACTING TO WHAT IS THROWN AT US. MINDFULNESS AND YOGA PUT US INTO THE COMMAND SEAT OF OUR LIVES AND DEMAND THAT WE BECOME ACCOUNTABLE OF OUR THOUGHTS, ACTIONS AND DEEDS. WE WILL USE A FORMULA TO CREATE A CUSTOM PERSONAL PRACTICE, WHICH CAN BE ALTERED AS OUR OCCUPATION AND LIFE DEMANDS SHIFT.

## **YOGA & MINDFULNESS MOVEMENT**

OM MOVEMENT'S PHILOSOPHY OF 'CONSCIOUSNESS IN MOTION' IS BASED ON THE BELIEF THAT IF WE LEARN HOW TO MOVE MINDFULLY WE CAN LEARN TO LIVE MORE MINDFULLY. THROUGH YOGA AND VARIOUS OTHER FORMS OF MOVEMENT WE CAN LEARN TO HAVE STRONGER, MORE AGILE, MORE RESILIENT BODIES AND MINDS, GIVING US A MORE POWERFUL AWARENESS OF HOW TO KEEP OURSELVES HEALTHY AND BALANCED.



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