

YOGAMIGOS

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# YOGAMIGOS

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**YOGAMIGOS**



*YOGAMIGOS school yoga and mindfulness programs are a fun and creative way to improve students' physical and mental wellbeing.*

YOGAMIGOS are Australia's favourite mobile yoga teachers.



*YOGAMIGOS provide chair yoga programs to elderly people and people living with special needs.*

YOGAMIGOS is a mobile yoga company that offers yoga and mindfulness programs for schools, businesses and aged care facilities in major cities and towns across Australia.



*YOGAMIGOS corporate yoga and mindfulness sessions have an emphasis on stress management and physical and mental wellbeing.*



(YouTube video at <https://www.youtube.com/SJkIX6YF28c>)



# 1 YOGA PROGRAMS

YOGAMIGOS provide mobile yoga programs to primary and high schools, aged care facilities and work places in Melbourne, Sydney, Brisbane, Adelaide and Perth. We travel to you and carefully tailor our yoga classes to meet your needs, ability and health goals. Our yoga and mindfulness programs are a fun and creative way to improve physical and mental wellbeing. Our mobile yoga classes focus on a combination of strength and flexibility, relaxation, meditation and mindfulness so that our students can take these skills into their daily lives.

## 1.1 Yoga in Schools



Our fun and engaging yoga and mindfulness classes are designed to promote health and wellbeing in Primary and Secondary schools.

Our Primary and Secondary school yoga and mindfulness programs are a fun and creative way to improve students' physical and mental wellbeing. Our mobile yoga classes focus on a combination of strength and flexibility, relaxation and most of all – fun! Our students instantly experience the benefits of yoga and can take these skills into their daily lives.

### **BENEFITS OF YOGA & MINDFULNESS PROGRAMS IN SCHOOLS:**

- Provides skills for students to use in everyday life
- Promotes self-esteem and positive self-image
- Improves individual and social awareness
- Calms and settles the mind
- Enhances physical strength, fitness and flexibility



## Yoga and Mindfulness Programs in Primary Schools



YOGAMIGOS deliver yoga and mindfulness programs that provide students with skills to still the mind, develop confidence, whilst encouraging fun and creativity in a safe and fun environment.

We tailor yoga programs to meet your needs. Classes can run from 30-60 minutes and we also provide half and full day workshops. Yoga programs are available for all year levels and abilities.

### Primary School Yoga Costs



YOGAMIGOS school yoga and mindfulness programs are funded by the schools. Costs vary depending on how many students attend the classes, the duration of the sessions and number of sessions. For example - the more sessions you book, the cheaper the rate becomes. Email us now to obtain your quote: [info@yogamigos.com.au](mailto:info@yogamigos.com.au) We look forward to speaking with you!



## Primary Schools We Work Within Melbourne



HERE ARE SOME OF THE PRIMARY SCHOOLS WE WORK WITH IN MELBOURNE:

Fitzroy North Primary, Footscray North Primary, St Joseph's Primary, Oakleigh Primary, Albert Park Primary and Armadale Primary.

## Yoga and Mindfulness in High Schools



We provide school yoga programs to meet the well being needs of your teenage students. We provide high school yoga and mindfulness programs to focus on a range of issues that teenagers are dealing with including stress, anxiety or low self-esteem whilst building strength, fitness and improving overall health and wellbeing.



## High School Yoga Costs

YOGAMIGOS high school yoga and mindfulness programs are funded by the schools. Costs vary depending on how many students attend the classes, the duration of the sessions and number of sessions. For example - the more sessions you book, the cheaper the rate becomes. Email us now to obtain your quote: [info@yogamigos.com.au](mailto:info@yogamigos.com.au) We



look forward to speaking with you!

## SOME OF THE HIGH SCHOOLS WE WORK WITH:

Caulfield Grammar School, Loreto Toorak, Huntingtower School, Brighton Grammar, Bentleigh Secondary College, St Bernard's College, St Columba's College, Kew High, Northcote High, Fitzroy High School, Ave Maria College, Carey Baptist Grammar and University College to name a few.



### *Yoga for teenagers*

## School Yoga FAQs

### Where will the school yoga and mindfulness sessions be held?

- **YOGAMIGOS** come to your school. Choose an isolated area so students will not be disturbed
- Areas where sessions can take place include classrooms (with furniture moved to the side), the gym or the oval
- The amount of space required will depend on the number of participants. A good rule of thumb is to allow two square metres for each participant. This easily takes into account a 60cm x 170cm mat for each person

### What do students need for the session?

- Comfortable clothing that allows for a range of movement
- A bottle of water
- Mats and blocks are provided by **YOGAMIGOS** if required

### How long will the sessions be?

- They generally run from 45 to 90 minutes

### What will the students learn from the sessions?

- The sessions are designed around the needs of individual schools and students
- Lessons can include relaxation and stress management techniques, breathing techniques, meditation, mindfulness, body awareness, strength and flexibility, creative play and promoting self-esteem.





## How do we pay for the sessions?

- Paying for **YOGAMIGOS** sessions and packages is easy. *YOGAMIGOS* will provide the school with an invoice prior to the class and you can pay by either cheque, cash or direct deposit.
- All payments must be received three days prior to the session being held.
- Direct Deposit bank details will be provided with an invoice.

## 1.2 Yoga For People Living In Aged Care



Our mobile yoga teachers travel to aged care facilities and deliver gentle yoga classes to address the needs of elderly people.

Our mobile yoga sessions are run at your aged care facility and they can be held in communal spaces such as a lounge room, garden or exercise area. Our experienced yoga teachers have unique skill sets and we can tailor aged care yoga classes to suit the needs of your organisation and the individuals, whether it be for anxiety management, improved posture, flexibility, fun or a combination of all of these. Some less agile residents can benefit simply from the breathing exercises and gentle movements from the comfort of their chair.

### **BENEFITS OF YOGA IN AGED CARE:**

1. Decreases stress and anxiety
2. Improves overall health and well being
3. Enhances team work and productivity
4. Improves circulation
5. Boosts metabolism
6. Strengthens joints and muscles

### **HOW IT WORKS:**

Aged care yoga programs are provided in five to ten week blocks and run between 45-60 minutes.

Special one-off classes can be arranged. The aged care yoga sessions are held at a convenient time for you and the elderly residents. Yoga mats and blocks are provided although we do ask the facility to provide chairs for the participants.

### **Aged Care Yoga Costs**



We offer a 30% introductory offer to all new clients for a trial session and below are the costs of our aged care yoga programs which are funded by the organisation:

### **Per Session**

\$140 +GST (per session)

### **Five Sessions**

**\$700 plus GST (\$140 per session)**

### **Ten Sessions**

\$1250 plus GST (\$125 per session)

## **AGED CARE FACILITIES WE WORK WITH IN MELBOURNE:**

Wintringham Aged Care Services, Vincent de Paul Aged Care, Bailly House, ACSAG Elanora Nursing Home, Central Park Aged Care and Benetas Broughton Hall.



## **1.3 Corporate Yoga**



### *workplace yoga*

Our mobile yoga teachers travel to offices in Melbourne, Sydney, Brisbane, Adelaide and Perth to deliver corporate yoga and mindfulness classes to address the needs of employees.



YOGAMIGOS corporate yoga and mindfulness sessions have an emphasis on stress management and physical and mental wellbeing. Our corporate sessions are flexible to fit in with your busy schedules. Offering yoga sessions in your workplace is a proactive step towards a healthy and safe work environment.



## *Corporate Yoga*

### **BENEFITS OF CORPORATE YOGA AND MINDFULNESS PROGRAMS:**

- Increases employee productivity
- Decreases stress and anxiety in the workplace
- Reduces absenteeism and staff turnover
- Improves employee health and wellbeing
- Promotes a healthy work/life balance

### **CORPORATE YOGA COSTS:**

YOGAMIGOS corporate yoga and mindfulness programs are funded by the schools. Costs vary depending on how many students attend the classes, the duration of the sessions and number of sessions. For example - the more sessions you book, the cheaper the rate becomes. Email us now to obtain your quote: [info@yogamigos.com.au](mailto:info@yogamigos.com.au) We look forward to speaking with you!

### **CORPORATE YOGA CLIENTS IN MELBOURNE:**

Clean Energy Australia, DLA Piper, King Wood & Mallesons, Lander & Rogers, Melbourne Metro Rail Authority, Alere Health Solutions, ADACS Security, Australand, K-Mart, Richmond Diagnostic Imaging and OBS.



## Corporate Yoga FAQs

### Some of my employees are not very flexible – can they still participate?

- Yes! All ages and abilities can participate and enjoy the benefits of yoga
- **YOGAMIGOS** programs are tailored to the individual needs of the group
- Modifications and variations will be offered to ensure all levels of physical ability are catered for
- Our goal is to ensure all participants enjoy the amazing benefits of yoga, even if they are beginners

### What will participants need for corporate yoga?

- Comfortable clothing that allows for a range of movement
- Participants can bring their own mats, although **YOGAMIGOS** also provides mats and blocks. Alternatively, mats can be purchased for \$29
- A bottle of water and a towel



## How can a YOGAMIGOS corporate yoga program benefit my employees?

Yoga has amazing physical and mental benefits, including:

- Lowering stress levels
- Improving concentration and focus
- Reducing pain
- Increasing strength and mobility
- Combating fatigue
- Boosting energy levels
- Building the immune system
- Yoga is also a group activity that builds teams and strengthens relationships

## Where will the corporate yoga sessions be held?

- YOGAMIGOS comes to your workplace. Choose an isolated area so your staff will not be disturbed. Large, quiet boardrooms, common rooms or meeting rooms with furniture moved aside are ideal
- The amount of space required will depend on the number of participants. A good rule of thumb is to allow two square metres for each participant. This easily takes into account a 60cm x 170cm mat for each person
- Although it is preferable for the sessions to be held at your workplace, if there is insufficient space available YOGAMIGOS can conduct the sessions in a nearby park or community space

## How do we pay for the sessions?

- Paying for **YOGAMIGOS** sessions and packages is easy. YOGAMIGOS will provide you with an invoice prior to the class and you can pay by either cheque, cash or direct deposit.
- All payments must be received three days prior to the session being held. Companies may choose to pay for the sessions, or alternatively, employees may pay for the sessions themselves by dividing the total cost of the class between the number of students.
- Direct Deposit bank details will be provided with an invoice.



## 2 ABOUT US

YOGAMIGOS was founded by Kate and Gem who believe that everyone should have the chance to access an enjoyable yoga practice.

YOGAMIGOS are a team of mobile yoga teachers who are friendly and approachable and love sharing yoga with others. We love working with our students and helping them develop their own yoga practice. We especially enjoy seeing our students grin from ear to ear at the end of each session. We are so excited to see our community of YOGAMIGOS growing more and more each day.



### 3 CONTACT US



(form at <http://www.yogamigos.com.au/contact-us>)