

CORPORATE WELLBEING OVERVIEW

Yoga Plus helps distributed teams build a calmer operating rhythm.

Yoga Plus runs instructor-led wellbeing programmes for remote and hybrid organisations that want less stress, stronger focus, and better team connection without adding another passive wellness product.

Best fit for

- Remote companies that want a repeatable wellbeing ritual.
- Hybrid organisations working to reduce fatigue and isolation.
- People and operations leaders who want a premium, human programme.

Contact

Email: hello@yogaplus.ai

Web: <https://yogaplus.ai/contactus>

Overview PDF: <https://yogaplus.ai/downloads/yoga-plus-corporate-wellbeing-overview.pdf>

OUTCOMES

The programme is designed to create practical value inside the workweek.

Yoga Plus is not positioned as a content library or a passive perk. The work is live, structured, and meant to influence how a team feels and operates across real calendars.

Lower stress and fatigue

Give employees recovery practices they can reuse between meetings, after deep work, and at the end of demanding weeks.

Stronger focus

Use movement and breath work to support concentration, posture, and sustained attention in knowledge work environments.

Better team cohesion

Create a shared ritual that helps distributed teams reconnect outside the project board and the weekly status call.

Remote and hybrid fit

The operating model respects fragmented calendars, uneven energy, and the reality that teams need live guidance more than another dashboard.

PROGRAMME SHAPE

A clear delivery model keeps the business and the client engagement honest.

Yoga Plus runs a simple operating sequence so clients know how the work starts, how it is delivered, and how expansion decisions are made.

1. Pilot design

Define the team context, meeting load, goals, and success signals before the first session lands in the calendar.

2. Live sessions

Deliver instructor-led sessions built for beginners through experienced practitioners and tuned to remote or hybrid schedules.

3. Feedback loop

Collect lightweight feedback to understand what landed, where participation dropped, and which adjustments would improve the next cycle.

4. Rollout motion

Use the pilot signal to decide whether to keep the scope tight, tune the cadence, or expand to additional teams.

NEXT STEPS

Start with one team, learn quickly, and scale only if the programme earns it.

The strongest first engagement is a focused pilot with clear context, a live delivery plan, and a practical review at the end of the cycle.

Recommended next step

- Scope one pilot team and define the initial wellbeing goals.
- Set the cadence, session format, and time window that fits the team operating rhythm.
- Use the post-pilot review to decide whether the programme should expand.

Talk to Yoga Plus

Email hello@yogaplus.ai or use <https://yogaplus.ai/contactus> to start a corporate wellbeing conversation.