**TEAM PROGRAM OVERVIEW**

# Structured recovery programs for remote and hybrid teams.

Yoga Plus helps distributed teams reduce meeting fatigue, recover focus, and build a healthier weekly rhythm through instructor-led sessions that feel human, practical, and easy to run.

## BEST FIT
### Built for

Remote and hybrid teams with heavy meeting calendars.

People Ops, founders, and operators who want a practical operating rhythm.

Pilot-first rollout decisions that stay grounded in real participation.

## TRUST MARKERS
### What buyers get

Live instructor-led sessions.

Remote-ready scheduling across time zones.

Lightweight participation reporting.

A clear expansion decision after the pilot review.

### Next step

Book a pilot at yogaplus.ai/contact.

Email hello@yogaplus.ai for direct outreach or scheduling questions.

PROGRAM FORMATS

# Programs are built around useful team moments.

Yoga Plus is designed to fit real workweeks. The offer starts with practical formats that can support recovery, focus, and connection without overwhelming the calendar.

---

DELIVERY FORMAT
### 15-minute meeting reset
A short guided reset for dense calendars and customer-facing teams.

DELIVERY FORMAT
### 30-minute midweek recovery
A practical pause to reduce fatigue and reset attention in the middle of the week.

DELIVERY FORMAT
### 45-minute mobility and breathwork
A deeper full-body reset that can anchor a stronger team ritual.

DELIVERY FORMAT
### Monthly leadership reset
A separate session for managers or leadership groups who need their own recovery block.

---

PROGRAM INCLUDES
### What is included in the engagement

- Program design based on team size, meeting load, timezone spread, and desired cadence.
- Curated instructor matching and live session delivery.
- Simple launch support for internal communication and scheduling.
- A lightweight review process covering participation, feedback, and rollout options.

**PILOT STRUCTURE**

# A 4 to 6 week pilot with a clear review point.

Yoga Plus starts with a pilot because it lowers decision friction, produces cleaner signal, and makes rollout choices easier to defend.

**01**

## Team intake

Align on team context, timezone realities, and the recovery problem the pilot should solve.

**02**

## Schedule design

Choose the right session format, cadence, and instructor match for the team.

**03**

## Live delivery

Run the live sessions, gather lightweight feedback, and make small timing adjustments if needed.

**04**

## Expansion decision

Review attendance, manager signal, and participant response before recommending rollout.

**ILLUSTRATIVE PILOT INDICATORS**

### Proof structure for early buyer conversations

These metrics are placeholders until public customer proof is approved. The point is to show the review structure, not to overclaim.

**SAMPLE INDICATOR**

## 78%

Participants said sessions helped them reset between meetings.

**SAMPLE INDICATOR**

## 70%+

Attendance stayed healthy across a six-week pilot cadence.

**SAMPLE INDICATOR**

## Manager signal

Team leads reported better post-session focus.

TRUST AND NEXT STEP

# Simple to run. Safe to trust.

Yoga Plus keeps implementation light for People Ops, resists invasive reporting, and makes the next commercial step concrete from the start.

## TRUST POSTURE
### How the program stays credible

- No employee tracking.
- No biometric surveillance.
- Cohort-level participation reporting and qualitative feedback summaries.
- Remote-first scheduling across one or more timezone windows.
- A clear owner and short review loop after the pilot.

## BEST FIT
### Who should use this overview

- People Ops and HR leaders evaluating a pilot.
- Founders or operators building a healthier weekly rhythm for distributed teams.
- Managers looking for a practical reset that teams will actually join.
- Organizations that want live guidance instead of another passive content library.

## RECOMMENDED NEXT STEP
### Design a six-week team pilot.

Start with one team, one clear cadence, and one review point. Book a pilot at yogaplus.ai/contact.

Email hello@yogaplus.ai if you already know the team size, timezone spread, and session format you want to discuss.