

Trillium Wellness @ Work

Work-life stressing out your employees?

These workshops provide tips and techniques for feeling calm, relaxed, alert, and refreshed. The result? Increased productivity, creativity and employee engagement.

Yoga @ Your Desk

By practicing a few chair, office or production floor poses throughout the day employees will find that yoga can reduce mental and physical stress by:

- Calming the stress response
- Re-aligning and improving posture
- Easing strain from repetitive movements

Yoga at work requires no special clothing or equipment and contributes to a healthier, happier you.

Move ~ Breathe ~ Meditate

If recent books, movies, or news articles have peaked your interest in meditation this workshop is for you! During this workshop you will gently open your body, enliven your breath and explore a few different meditation styles. You'll leave feeling refreshed and relaxed.

Mindfulness @ Work

Mindfulness isn't a new technique, but its benefits are increasingly being recognized in the workplace. Engaging in a mindfulness practice you can learn to eliminate distractions, bring focus to one task at a time, and boost your leadership skills. Mindfulness—being in the 'present moment'—fosters focus, productivity, resiliency, and emotional intelligence.

De-stress and Refresh

Stress is unavoidable, but learning to identify stressors and employ some easy relaxation techniques it can be manageable. This session will help you identify what stresses you out and guide you through various relaxation techniques:

- Calming/centering breath
- Tension – relaxation practice
- Guided visualization

You'll come away with some great ideas for handling the stressors in your life.

Get to Know Cranio – introductory sessions to craniosacral therapy

Craniosacral therapy is a kind, gentle approach to relieving pain, discomfort, and physical stress. By monitoring and releasing restrictions, this gentle touch therapy encourages the body to open into its natural alignment and wellbeing.

Get to Know Cranio are 30-minute sessions, during which the participant is fully clothed. This soothing therapy is an effective treatment for stress release, head, neck & back pain, and much more.