

Sunshine Yoga's ELEPHANT MOON Studio
in the heart of Haymarket,
supporting Wellbeing in the Workplace

Lunchtime Meditation Club
12.30pm to 1pm
Monday-Friday
FIRST SESSION FREE
Then, just £35 per month
(Or, see special employer offer overleaf)

**Why meditate during the
workday?**

It's the perfect tool to
reduce stress and anxiety,
and boost energy levels. Our
meditation instructors will
enable you to continue your
day refreshed, calm and
focused.

Location:
The Eco Larder,
200 Morrison Street



**ELEPHANT MOON
SPACE**

Sunshine Yoga's ELEPHANT MOON SPACE studio offers

- **Daily lunchtime meditation sessions (12.30pm-1pm)**
- **Early evening yoga classes (5.30pm-7pm)**

Full timetable and pricing available on the

Sunshine Yoga App

or at www.edinburghsunshinyoga.com

MEDITATION CLUB OFFER FOR LOCAL BUSINESSES

3x Flexi-passes for
£99 per month

- Passes can be used by any company employee
- Offer valid May to October

About Sunshine Yoga founders Stephanie and Matt Foulds

Sunshine Yoga was founded in 2014, and in 2016 Stephanie and Matt opened their first yoga studio in Gorgie. There, they offer a programme of 30+ classes a week, for all levels and abilities. Classes are taught by Matt and Stephanie and their team of passionate teachers.

In 2018, this dynamic duo, heavily pregnant with their first child, became more and more aware of the crazy amount of packaging in the recycling bin, and wanted to do something about it. The result was to set up a Social Enterprise with a mission to create a Plastic Free Edinburgh. And thanks to a hugely successful crowdfunding campaign that raised £22,000, The Eco Larder on Morrison Street was born!

This year, Stephanie and Matt are opening their second yoga studio in the beautiful room at the back of the Eco Larder. Elephant Moon Studio will offer meditation and yoga classes to support employees of all the local businesses and companies around Haymarket.

SUPPORTING HEALTH AND WELLBEING IN THE WORKPLACE

In today's world, the workplace can be more stressful than ever. With modern technology, employees often have difficulty disconnecting mentally from work. Workplace pressures can sometimes lead to stress and anxiety and this can in turn affect how individuals make decisions and perform tasks both in and out of the office.



Many companies, both large and small, have been working hard to support programmes and activities that help employees to deal with stress, anxiety and workplace pressures. In addition to cultivating positive work environments, many employers have experienced huge workplace improvements thanks to meditation and yoga programmes.

A regular meditation practice helps to improve overall happiness, self-awareness and patience. And what's good for the mind and spirit is good for the company too. With proven success in the workplace and studies that show how meditation changes how the brain processes information to better manage stress and anxiety, it's no wonder that more and more businesses are jumping on the workplace meditation trend. After all, a happy and calm employee is the best employee!

Yoga and meditation can contribute to:

- Feeling refreshed and revitalised and ready to focus on your afternoon tasks
- Having a sense of peace and calm
- Increased energy levels
- Strengthening of the immune system
- Reduction in stress and anxiety levels
- Improved sleep quality at night
- Increased morale and engagement
- Improved productivity