



Rachel Hanrahan

Yoga Instructor, Workshop Facilitator

BA S.Sc RMIT 2000, Grad Cert Bus Ad RMIT 2003

Adv Dip Yoga Teaching Australian Institute of Yoga Therapy 2005

Certificate 4 in workplace training 2005

Member of YTAA – Yoga Teachers Association of Australia

Rachel is a creative and innovative yoga instructor.

Her teaching style brings together an eclectic knowledge of yoga traditions incorporating elements from the Indian yogic traditions and Buddhist and Taoist philosophies. Her classes incorporate physical asanas (postures), pranayama (breathing practices) guided relaxations and meditations that are tailored to reconnect mind body and soul.

"The primary aim of yoga is to restore the mind to simplicity, peace and poise and free it from confusion and distress"

BKS Iyengar



Photography by Jim Belegris



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YOGA
FOR YOUR
WORK PLACE

Workplace Yoga



Regular Yoga practice is known to assist to relieve stress, improve focus and concentration abilities, develops flexibility and strength through creating a body mind connection.

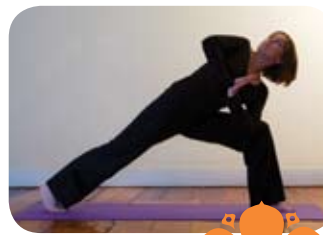
Workplace yoga is more than just exercise and relaxation; more than a general yoga class; more than a conventional course in stress management. It is a complete program of mind-body health, and personal challenge and acceptance. Invigorate and awaken the connection to your mind and body.



The Benefits of Yoga

- Asanas awaken and revitalise the body
- Pranayama (Breathing practices) help develop the ability to stay calm under pressure.
- Relaxation allows the body and mind to relax, let go and experience ultimate rest.
- Meditation allows the mind to experience clarity and focus.

Rachel teaches with compassion and a sense of humour. She has an innate understanding of the needs of the workplace environment having spent many years working in high paced corporate environments. She has extensive experience working with corporate clients in their workplace and in health and fitness centres. Her classes incorporate physical asanas (postures), pranayama (breathing practices) guided relaxations and meditations that are tailored to reconnect mind body and soul. Whether it is to increase flexibility or build strength or relieve and minimise stress, Rachel enjoys developing and tailoring a yoga package to meet the individual or specific workplace needs.



Workplace Yoga Format

After meeting with your companies or organisations representatives a program will be tailored to meet the needs of your workplace.

Options include courses, ongoing classes, seminars, workshops and retreats.

- All programs are suitable for all levels
- No prior experience of yoga is necessary
- Beginners are welcome

Program costs are determined according to the nature of the particular program that is developed. Depending on your needs, the yoga program structure normally includes a series of yoga classes running for eight to ten weeks. Ongoing or one-off classes are also possible.

To gain maximum benefit from your yoga practice please:

- wear loose comfortable clothing
- do not eat a heavy meal for at least 2 hours before class
- Provide a suitable room, large enough for the number of participants



Individual Sessions

Individual yoga sessions are available. A personal program is devised especially for your own individual needs. Rachel specializes in creating individual programs that allow the participant to free their own mind body connection, freeing and releasing their potential. Sessions provide information on their ayurvedic body type, their anatomy structure and how this may influence their yoga practice. To book a session or find out more please call Rachel on 0400 880404



Flufkin Yoga also offers services in massage, aromatherapy, and specialist programs in stress management, meditation and creativity workshops.

For further information please email info@flufkinyoga.com.au or visit the website www.flufkinyoga.com.au