



Studio News

WHAT'S IN THIS MONTH'S ISSUE:

- Enhancing Workplace Wellness: The Benefits of Yoga Classes for Your Employees
- Upcoming Events

ENHANCING WORKPLACE WELLNESS: THE BENEFITS OF YOGA CLASSES FOR YOUR EMPLOYEES

In today's fast-paced and demanding work environment, prioritizing employee well-being is essential. Introducing yoga classes in the workplace can be a powerful way to foster a healthy and balanced work culture. This brochure highlights the numerous benefits of providing yoga classes for your employees and how it can contribute to their overall well-being and productivity.

Physical Well-being: Yoga is a holistic practice that promotes physical fitness and flexibility. By offering yoga classes to your employees, you empower them to engage in regular physical activity, improving their strength, posture, and overall health. The practice of yoga also reduces the risk of chronic ailments, alleviates musculoskeletal issues, and boosts energy levels, leading to fewer sick days and increased productivity.

Stress Reduction and Mental Clarity: The practice of yoga incorporates breathing techniques, meditation, and mindfulness, which are invaluable tools for stress reduction. Providing yoga classes allows employees to learn and apply these techniques, helping them manage workplace stress more effectively. Regular yoga practice enhances mental clarity, focus, and concentration, leading to improved decision-making and problem-solving abilities.



Workplace Wellness



Emotional Well-being & Team Bonding

Yoga promotes emotional balance and resilience. It encourages self-awareness, self-acceptance, and cultivates a positive mindset. By participating in yoga classes, employees can develop coping mechanisms for stress and find an outlet for emotional release. Additionally, group yoga sessions foster a sense of camaraderie, teamwork, and mutual support among employees, strengthening workplace relationships.



Increased Productivity & Creativity

Investing in your employees' well-being through yoga classes can significantly impact their productivity. Regular physical activity and stress reduction lead to increased energy levels and a more focused mind, enabling employees to perform at their best. Moreover, yoga practice enhances creativity by encouraging a free flow of ideas and promoting out-of-the-box thinking.



Work-Life Balance and Employee Retention:

Promoting work-life balance is crucial for employee satisfaction and retention. Offering yoga classes demonstrates your commitment to creating a supportive work environment that values employee well-being. By providing this wellness initiative, you foster a sense of loyalty and job satisfaction, resulting in higher employee retention rates and attracting top talent.

Upcoming Events



FULL MOON YIN & CRYSTAL SOUND HEALING

2nd July 18:30 - 19:45
The Oak House x Emma Daisy Yoga

for more information visit www.theoak-house.co.uk

FULL MOON YIN & CRYSTAL SOUND HEALING

Sun 2nd July 18:30 - 19:45

The full moon brings a time to draw inwards. It is the phase in the cycle where the light & energy is at its lowest. We can honour this signal for rest & nourishment by slowing down the pace of life around this time, which our fast paced lives don't always allow space for. I am inviting you to join me to gather under the new moon for a deeply restorative Yin crystal sound healing practice to reflect, restore & renew. This is a wonderful way to live in a more cyclical way & honour your own personal cycles.

MUM & BABY YOGA

WED 14th June - 19th July
9:30 - 10:30

Enjoy an hour of special bonding time with your baby while leaving totally relaxed. During the class we will be focusing on some nurturing Postnatal Yoga for mums to focus on areas such as releasing tightness in neck, shoulders and back as well as focusing on our abdominal and pelvic floor muscles and supporting our back and regaining strength in the whole body. There's also wonderful baby yoga moves to help baby to stay nice and flexible, develop baby's digestive & immune system and to sleep better.



BABY YOGA COURSE

WEDNESDAYS 09:30 - 10:30
14th June - 19th July
The Oak House x Anna Sofat

for more information visit www.theoak-house.co.uk

Upcoming Events

REST & RE-ENCHANTMENT EVENING RETREAT

FRIDAY 7TH JULY 19:00 - 21:30

The Oak House x Clare & Grace

for more information visit www.theoak-house.co.uk

REST & RE-ENCHANTMENT EVENING RETREAT

Saturday 7th July 19:00 - 21:30

A magical evening dedicated to reawakening the wonder within. Modern life can leave us weary, disconnected from others and our true selves. Join Clare & Grace for a nourishing evening of stillness and sisterhood designed to reconnect you with you! Using a blend of movement, breath, self-enquiry and the healing power of nature. Leave this evening retreat with a renewed sense of clarity, a restored spirit, and a toolkit of practices to navigate your busy life. You deserve this sacred space to prioritise your well-being and reconnect with your true essence.

GIRLS RISING MOVEMENT

Sunday 2nd July 10:30 - 16:30

A perfect opportunity for you and your daughter to spend quality-time together in a meaningful and enriching way whilst gaining clarity over how to support yourself and your daughter as she journey's through puberty.

Children age 6 - 12 *(5 yr old can attend but must be accompanied)

Look forward to seeing you for the journey.



THE OAK HOUSE
STUDIO & THERAPIES

GIRLS RISING MOVEMENT

Sunday 2nd July

Mother Daughter Day Retreat

For more info: www.theoak-house.co.uk
Hatfield House, Georges Gate Carpark, Church Lane, Hatfield, AL9 5HX

Upcoming Events



SUMMER JOY & RADIANCE DAY RETREAT

16th July 11:00 - 17:30

A day dedicated to you & your well being. Beginning with a dynamic breathe led flow practice leading into a soothing meditation. Break for a delicious healthy picnic style lunch enjoyed within the stunning grounds. Returning to the mat for a deeply restorative yin yoga practice, supported by props to assist you in resting fully. Followed by a grounding & nourishing yoga nidra practice that leads into a crystal sound bath. You will leave feeling refreshed, restored & renewed.

MINI SINGING RETREAT

Saturday 22nd July 13:30 - 16:30

Singing Mamas Choir CIC is a not-for-profit organisation specialising in Women's Singing Circles to improve connection, mental health and general well-being for all women - Mothers, Non-Mothers, Pregnant Women, Grandmas, Aunties, Elders, Young women.

All Women who want to feel uplifted, and connected through singing together - and a cup of tea and cake of course!

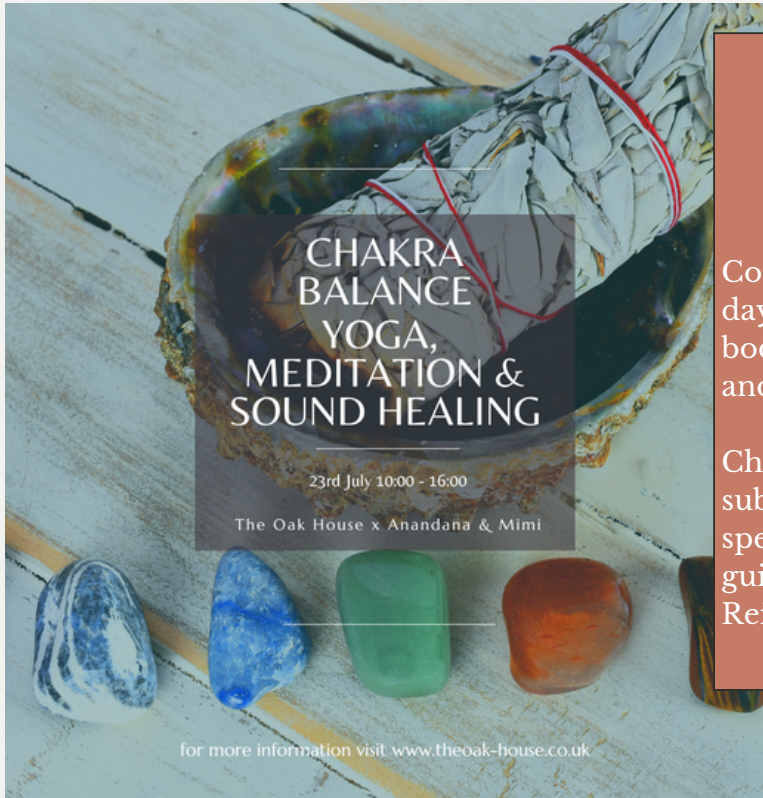


MINI SINGING RETREAT

SATURDAY 22nd July
The Oak House x Laura Cowan

for more information visit www.theoak-house.co.uk

Upcoming Events



CHAKRA BALANCE YOGA, MEDITATION & SOUND HEALING

23rd July 10:00 - 16:00

The Oak House x Anandana & Mimi

for more information visit www.theoak-house.co.uk

CHAKRA BALANCE DAY RETREAT

Sunday 23rd July 10:00 - 16:00

Come along and spend a beautiful summer's day healing the main energy centres of your body. Calm and centre your physical, mental and emotional self.

Channel more confidence and balance the subtle energies of the Chakra system by spending a day exploring nature, yoga practice, guided meditation, breath work and a powerful Reiki Fire Drumbeat sound healing.

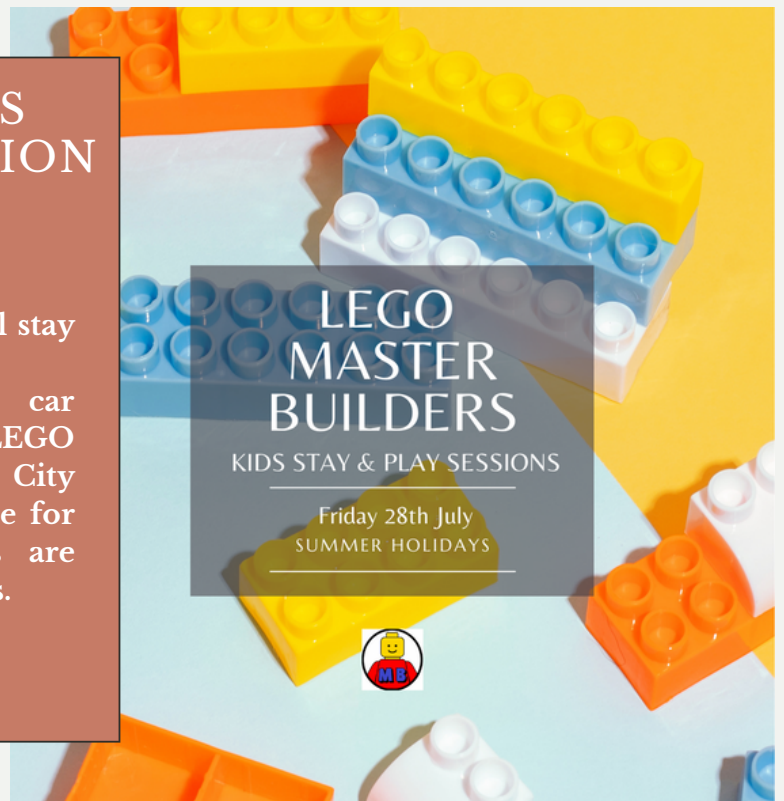
LEGO MASTER BUILDERS SUMMER HOLIDAY SESSION

Fri 28th July

Come and join us for these fun, informal stay and play sessions.

Activities available will include race car building and racing on our ramp. LEGO Mosaics, Bionicals, Trains, Games & City Building. We will have DUPLO available for smaller LEGO fans but the sessions are primarily aimed at reception age upwards.

Each session duration is an 1 hour 15mins.



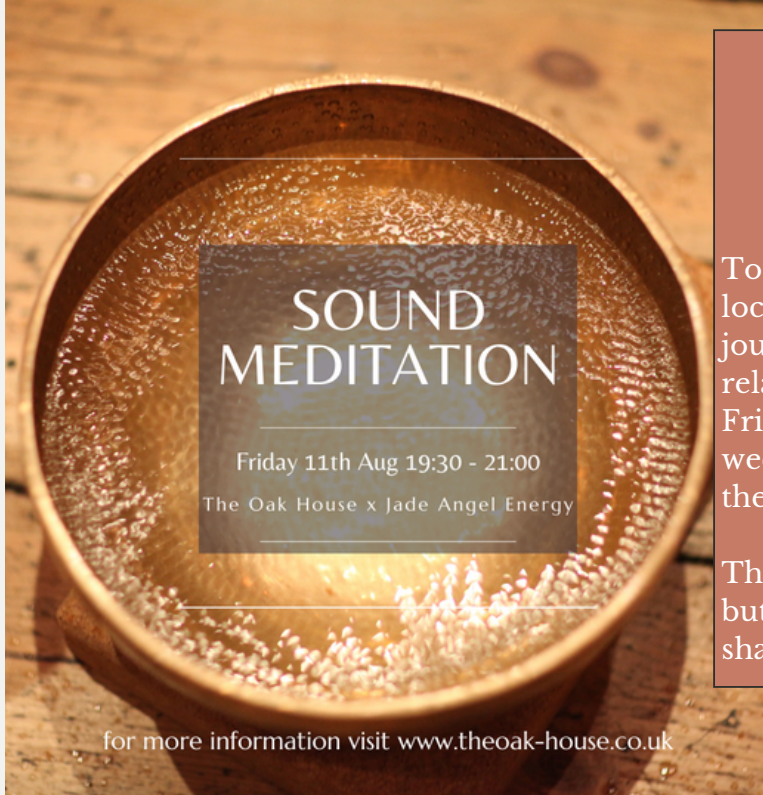
LEGO MASTER BUILDERS

KIDS STAY & PLAY SESSIONS

Friday 28th July
SUMMER HOLIDAYS



Upcoming Events



SOUND MEDITATION

Friday 11th Aug 19:30 - 21:00

The Oak House x Jade Angel Energy

for more information visit www.theoak-house.co.uk

SOUND MEDITATION

Friday 11th Aug 19:30 - 21:00

Together with The Oak House's magical location and Jade's abilities to assist you on journey into a deep meditative state of relaxation, you can be assured that these limited Friday night sound sessions will start your weekends peacefully, letting go of the stresses of the week.

The sound frequencies that Jade uses, includes but not limited too; gongs, crystal bowls, shamanic drums, harps, chimes and rattles.

HAPPY BODY PILATES SUMMER DAY RETREAT

Sunday 20th Aug 10:45 - 16:00

The day retreat is the perfect way to focus on your wellbeing & hone your Pilates practice. There will be three in-depth sessions giving you the chance to explore some of the hidden magic the Pilates exercises have to offer.

The day will look something like this:

Welcome tea & coffee, Reformer & mat circuit class, Healthy lunch, Walk around Hatfield Park or optional treatment, The power of tactile feedback mat class, Break, Breathe & move mat & small equipment class, Optional treatment or depart



HAPPY BODY PILATES SUMMER DAY RETREAT

Sunday 20th August 10:15 - 16:00

The Oak House x Kerry

for more information visit www.theoak-house.co.uk

FOR DETAILS ON THESE EVENTS OR OTHERS VISIT:

www.theoak-house.co.uk