

# PAUS ACTIVITIES

## 15 minutes

15 minutes activities to strengthen both body and mind. The exercises are intended as a short break during the meeting day to keep your energy up and achieve more during the workday. These are preferably done in the meeting room or, in good weather, outdoors on our rooftop terrace.



### PRICE exkl. VAT:

Up to 20 people, 2500 SEK / Over 20 people, 3100 SEK

#### ZAZEN SITTING MEDITATION

Zazen means sitting meditation and is the most widespread form of meditation in Japan's many Zen Buddhist temples. It is one of the oldest and most proven techniques for practicing presence, acceptance, and peace of mind. You will notice the immediate effects of reduced stress levels and better focus for what is next on the agenda.

However, not getting stuck in one's thoughts is much more difficult than one might think, but you will get tools on how to let go of your thoughts. The long-term effects are many, including better collaboration, a better working environment, and increased creativity. You will therefore receive tips on how to meditate at home.

#### RAIJO TAISO RADIO GYMNASTICS

Do as the Japanese do and start or pause your day with Rajio Taiso's invigorating movements! Four times a day, this gymnastics routine is broadcast on the country's national radio and has been practiced daily since 1824 in the country's schools, workplaces, and parks.

A perfect way to start the day or as an energy boost during a meeting. With the help of a Japanese radio DJ and your activity leader, you will be introduced to a series of fun and fast-paced movements that get the body going. A class filled with laughter and energy that will last for the rest of the day!

### MEETING & GROUPS

+46 8 747 63 00 [mote@yasuragi.se](mailto:mote@yasuragi.se)

Yasuragi, Hamndalsvägen 8, Saltsjö-Boo



## OFFICE YOGA SHOULDERS & BACK

Simple yoga exercises performed primarily while sitting in a chair. The exercises are simple in form and designed to prevent stress and balance out the repetitive sedentary positions many of us have during a normal workday. Sitting still and uncomfortable working methods make us stiff and sore, especially in the shoulders and back, when it comes to office jobs. Focus is therefore on releasing tension in precisely these areas.

The exercises are easy to remember and perform daily or as needed at the workplace - for increased well-being and a sustainable working life!

## BREATH WORK BREATHING EXERCISES

We know that how we feel affects our breathing. But we can also influence how we feel through breathing.

Here you get an introduction to three different breathing techniques that have an immediate effect and are good tools to have with you in life. An exercise for stress reduction before, during, and after the workday. A balancing breathing exercise, which is the basis for a long-term healthy breathing technique.

An energizing breathing exercise that replaces coffee in the morning and during the rest of the workday.

## CUPPING OF THE FASCIA

I denna session placerar vi miljövänliga silikonkoppor på huden, vilket skapar ett vakuum som fungerar som en omvänd massage som lyfter huden och bindväven. Detta ökar blodcirkulationen, aktiverar lymfsystemet och minskar stagnation.

Vi fokuserar på områden som kan bli spända vid stillasittande jobb; axlar, armar, ländrygg och vader där stillastående energi, lymfvätska och blod behöver börja cirkulera igen. Koppning är populärt eftersom du själv kan placera kopporna på stela och ömma delar av kroppen medan du jobbar, går runt eller slappnar av.

## DO-IN SELF MASSAGE

Do In is an ancient Japanese self-massage technique that aims to improve the body's energy flow, increase circulation, and reduce tension. Through simple, but effective, pressure, strokes, and stretching exercises, you can influence the body's acupuncture points and meridians to create balance and well-being.

The exercises can be performed anywhere and require no tools, which makes Do In an ideal method for daily relaxation and recovery.

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