



BREAK ACTIVITIES

15 MIN

Short activities with exercises which are intended as a short break during the meeting day to keep the energy levels up and reach further accomplishments during the workday. These activities are advantageously located in the meeting rooms. In case of nice weather you can enjoy them outdoors on our panoramic roof terrace. Please, contact us for booking or quotation.

ZAZEN

Seated meditation

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

Not getting stuck in your thoughts is, however, much more difficult than you 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 climate and increased creativity. You will therefore receive tips on how you can meditate at home with inspiration from the Zen monks!

DO-IN

Self Massage / Shiatsu

Do-In (Dao Yin) is a Japanese form of self-shiatsu that balances the energy in our body. Shiatsu is a form of treatment that was developed during the early 20th century in Japan and which gives our life energy "Ki" a free flow mainly through stagnations that are dissolved and the blood vessels dilated. Do-in is based on the same principles, but is a self-treatment technique where we stimulate the energy in our meridians.

We will tap, massage and press on different energy points on our heads and body to wake-up in the morning or get renewed energy during the day.

RAJIO TAISO

Japansk radio gymnastics

Do as the Japanese do and start your day with Rajio Taiso's invigorating movements! This gymnastic program is broadcasted 4 times a day on the country's national radio channel and has been broadcasted since 1824 in order to increase public health in Japan. It is still practiced daily in schools, workplaces and parks. A perfect start to the day or as an energy and mood booster! during the day.

You will be guided through the fun and classical movements and finish off with running the program to the sounds of the original Japanese show broadcasted. An energizing and fun class that will enrich the rest of the day!

OFFICE YOGA

For back & shoulders

Simple yoga exercises that are primarily performed sitting on a chair. The exercises are simple but yet effectfull to relax your mind & body, particularly beneficial for people who work in stationary positions. Sitting still and uncomfortable working positions make us stiff and sore, especially in the shoulders and back. The focus is therefore on resolving tensions in these particular areas. The exercises are easy to remember and perform daily or when necessary at work. A great tool for increased well-being and a sustainable working life!

NYHETER!

2023

Kortare aktiviteter för att stärka både kropp och hjärna. Övningarna är tänkta som en kort paus under mötesdagen för att ni ska hålla energin uppe och nå längre under arbetsdagen. Dessa görs med fördel möteslokalen eller vid fint väder utomhus på vår takterrass.

The Power of Breath

Energizing

We all know how we feel affects our breathing. But most of us will benefit from learning how to control our nervous system and how we feel through different breathing techniques. We will briefly introduce you to three different techniques that will give you an immediate effect and for various reasons are good tools to have during the day. An exercise for stress reduction before, during and after the working day. A balancing breathing exercise, which is the basis for long-term healthy breathing. An energizing breathing exercise that replaces coffee in the morning and during the rest of the working day.

CUPPING MASSAGE

Reversed massage in a vacuum

In this session we place 100% eco friendly silicone cups on our skin that creates a vacuum which works like a reversed massage, lifting the skin and connective tissue. This increases the blood circulation, activates the lymphatic system and reduces stagnation.

We focus on areas that usually suffer from stationary work in front of the computer and alike. Stagnant energy, lymph fluid and blood will start to flow again which releases pain and stiffness. Cupping is popular because you can place the cups yourself on stiff and sore parts of the body while you work, walk around, relax, etc.

COLD BATH IN TEAMS

Team Triumph

You've probably heard about the positive effects of cold baths. During this session, you will learn more about what actually happens in the body and what to think about in order to optimize the positive effects. You will get tips on what to think about to make it easier to take a cold bath or shower that given our different opportunities can be incorporated in our everyday life. We finish with a 2-minute cold bath(12-14 i) divided into smaller teams of 4 people, of course with the encouragement of your great colleagues!

As part of the immediate positive effects of this hormone rush, you will share the feeling of triumph, happiness and great team spirit!

MEETINGS & GROUPS

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