

Inner Sense Wellness Services

We provide bespoke wellness services designed specifically for each of your clients.

Last updated December 2009

Programme	Description	Format	Duration	Nº Attendants
MIND & BODY				
Physical activities to help relax, destress and energise.				
Yoga	Yoga is about creating balance in the body through developing strength and flexibility. This is done through the performance of postures (asanas) each of which has specific physical benefits, combined with breathing exercises (pranayama), that help to calm the mind and make us more conscious of our own bodies.	Classes	40 Min – 1½ Hr s	1 – 25 25 +
Tai – Chi & /or Qi Gong	Tai Chi is an ancient Chinese art form, involving a series of slow, elegant and graceful movements (forms). It is combined with Qi Gong which merges breathing with physical movements that cultivate Qi or “energy” and promote wellbeing. Both take their origins from martial arts, and are considered forms of meditation in motion, calming the mind, moving the vital energy in the body (Qi) and thus enhancing vitality and health.	Classes	40 Min – 1 Hr	1 – 25 25 +
Breathing and Meditación	Meditation is about stilling the mind and focusing it away from the constant dialog of thinking. Learn breathing, relaxation and meditation techniques which help to calm the mind and body, strengthen awareness, relieve stress and anxiety and introduce spaces of tranquility.	Classes & Workshops	30 Min – 1 Hr	1 – 25 25 +
Anti-stress	Stress is a too common feature in our work place today affecting people’s physical and psychological health. Learn about the causes of stress, how it impacts the body, and what can be done to manage and prevent it.	Talk and workshop	40 Min – 1 Hr	Upto 30
	A work shop to learn and experience a combination of relaxation techniques which help to reduce stress and create calmness. Providing people with ways to help prevent, reduce and eliminate the physiological and psychological symptoms which stress causes.	Classes & Workshops	30 Min – 1 Hr	1 – 25 25 +

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Ikebana	<p>Ikebana is the distinctive and beautiful art of Japanese flower arranging. It is a creative means of expression in which the arrangement is a living form. It is an art steeped in the philosophy of developing closeness with nature.</p> <p>This class is only available in Spanish. A translator is required for other languages.</p>	Workshop	3 Hr	Upto 9 per instructor
INNER SENSE CORNER				
Massage	<p>Massage is one of the oldest and simplest forms of therapy that helps to induce a state of relaxation by relieving tension and stress and thus enhancing general wellbeing.</p> <p>Inner Sense organizes massage corners to suit the occasion and the need. From short massages to revitalize, to long moments of concentrated therapy or luxury.</p> <p>We offer a range of massages which can be performed on either massage chairs or tables.</p>	Sessions	12 Min – 1½ Hrs	Unlimited
Shiatsu	<p>Shiatsu is an old, traditional Japanese healing massage which uses techniques such as pressure and stretching. Shiatsu shares the philosophy of Chinese Acupuncture, working on the whole being, using acupuncture points and energy channels (meridians) to help balance and unblock both physical and emotional energy and promote general health.</p>	Sessions	12 Min – 1 Hr	Unlimited
Reflexology For Feet and/or Hands	<p>Reflexology is based on the principle that there are reflexes in the feet and hands that correspond to the whole body. By using pressure points on the feet or hands, the entire body can be treated bringing balance, eliminating pain and relieving physical and emotional tension.</p>	Sessions	12 Min – 1 Hr	Unlimited
Reiki	<p>Reiki is a Japanese technique, used to renew and revitalize the energy of a person. It helps to restore balance, relax and distress.</p> <p>The practitioner places his or her hands on different areas of the body, bringing balance, energy and tranquility.</p>	Sessions	12 Min – 1 Hr	Unlimited

Programme	Description	Format	Duration	N° Attendants
PERSONAL MANAGEMENT				
A selection of programmes to destress employees' and delegates' lives				
Manage your Time, Manage your Stress	Few people have the luxury of all the time they need to do all the things they would like or feel they need to get done. Success lies in realizing this and de-stressing comes from the art of planning according to priorities and keeping to the plan by managing interruptions and disturbances that tempt us away from it. In this programme, a simple frame-work for learning how to priorities and some easy-to-apply techniques for helping keep to our plan are introduced and participants use them straight away.	Full version run as Workshop	½ Day	Up to 30
		"Essentials" run as a talk	1 Hr	Up to 70
The Sense of Delegation	Recognizing when and how to get other people to do things instead of us doing them helps take away the pressure to do everything ourselves. This can be incredibly liberating for us as well as being appreciated by the person or people to whom we are delegating tasks if done properly. This programme helps us identify things we should delegate (and those we should definitely not delegate) and then explores the best way to delegate.	Workshop	½ Day	Up to 30
Coaching	One of the best ways to help people explore their potential and to break through blocks they perceive is through effective coaching. Coaching, or being coached by others, can allow people to see more clearly what they can do and take away any self-imposed stress from a feeling of frustration. This programme is an introductory session aimed at reviewing a simple model for coaching as a means to guiding a discussion with someone else. It is often run back-back with the delegation workshop.	Workshop	½ Day	6 – 30
Breaking down Problems	Sometimes when we are faced with a big and challenging problem it can feel daunting. We don't know where to start. This can cause us to feel pressurized and be ineffective with our time. This programme looks at two frameworks: one for getting to the key question we need to tackle and one for then looking at how to break that down into manageable tasks. These will help in structuring the problem or challenge in a way that we can tackle it efficiently and achieve a real sense of achievement from doing so.	Workshop	½ Day	6 – 20

Programa	Descripción	Formato	Duración	Nº Asistentes
SOCIAL SENSE				
Talk Sense and Get your Message across	We might be sure in our minds what we want to say, but somehow that message doesn't always come across as crisply as we would like. Others misinterpret, or don't follow our thinking and this can be very stressful. This programme looks at how to be better at communicating our messages by organising our thoughts logically and powerfully so there can be no room for confusion.	Workshop	½ Day	6 – 70
The Art of Listening	Ask anyone to name someone they love, like or respect and then ask them why. They will almost certainly say, amongst other characteristics, that it is because that person is a good listener. As a child, we are taught to read and write but we are not taught how to listen. Good listening is more than hearing and is essential for genuine understanding and to avoid all the stresses involved from misunderstandings. This programme explores some simple techniques for effective listening.	Conferencia	1 Hr	Up to 70
Sustainability	These introductory and educative session on Sustainability are designed specifically for your clients requirements. An opportunity to enhance social consciousness and create change at a social, professional and personal level. For people who want to take responsibility now for the future. Please ask for more details.	Conferencia & Workshops	1 Hr – ½ Day	6 – 500
NUTRITIONAL SENSE				
Nutritional Sense	Sessions designed specifically for each event. From designing menu themes, to talks on eating better for your health or for reducing stress, to individual nutritional advise. These sessions can be consultory, talks or workshops. Please ask for more details.	Individual Sessions, Talks or Consultory.	1 Hr – ½ Day	Up to 30

All our services can be performed in English and Spanish. For other languages please ask. Depending on the size of the services required, some translation assistance may also be required.