



HEAVEN MAN EARTH
LONDON

Tai Chi in the Workplace

—
Cultivating Mental, Physical & Emotional Well-being within teams

Online + In-Person Training

www.hmelondon.com/teams

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About Program

This program is designed to create mental and physical well-being in the workspace.

Each lesson focuses on creating space in mind & body through a series of traditional Tai Chi exercises.

Our goal is to create a calmer, more grounded, and clearer workspace. Dissolving barriers between colleagues and clients, allowing for communication and ideas to flourish.

Why Tai Chi?



- Improve calm and stability within mind and body
- Learn how to remove blockages mentally and physically
- Help manage stress levels
- Find space within emotions, thoughts, and feelings, allowing you to be happy, clear and grounded

Heaven Man Earth International was founded in 2005 by Adam Mizner. We currently run 35 schools across the globe.

Heaven Man Earth Internal Arts International is dedicated to the propagation of authentic Yang-style taijiquan. With training methods to achieve one's goals in the health, martial and spiritual aspects of taijiquan.



Our History



Our Goals working with you

To promote **mental health** and **well-being** within the workspace

To **remove** blockages between colleagues & clients

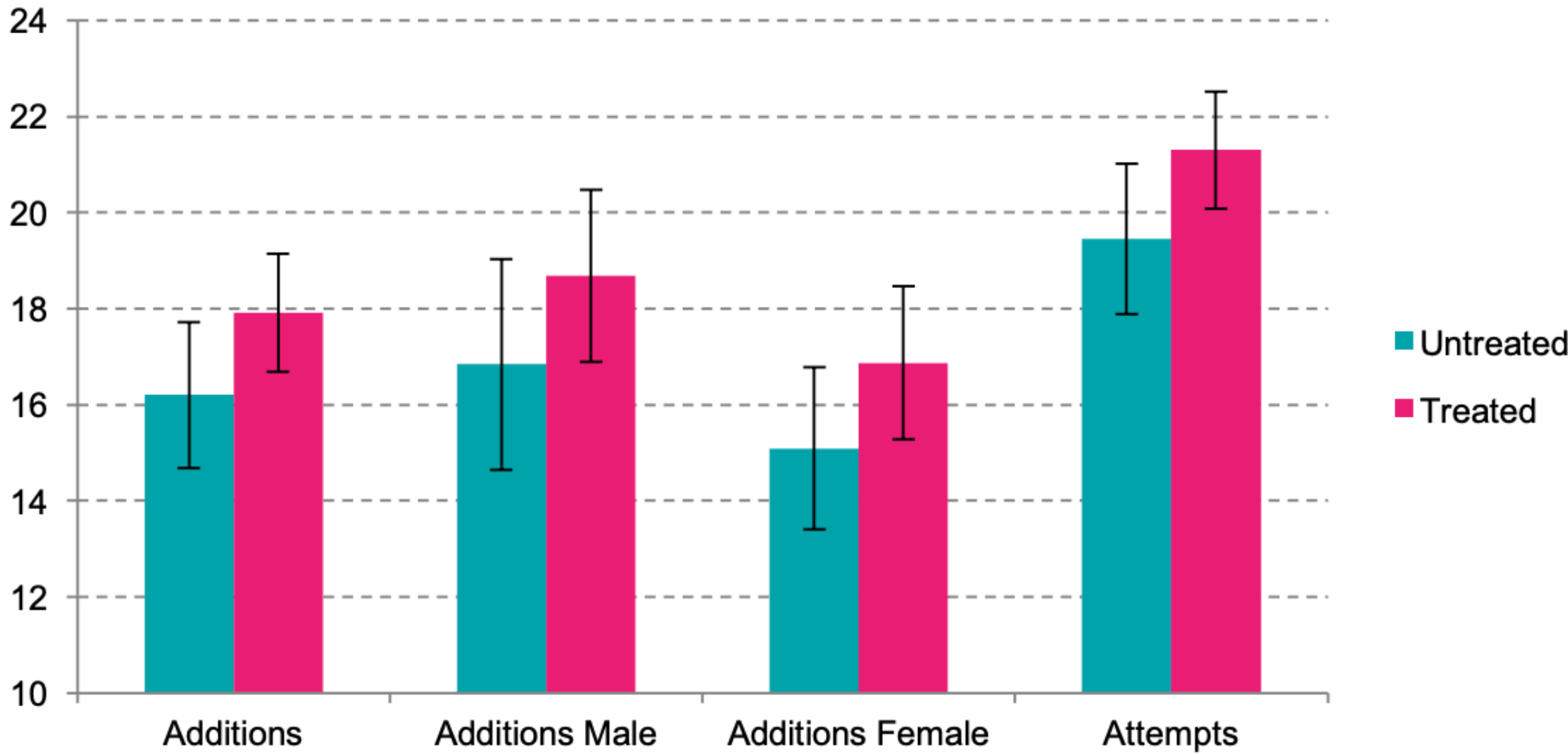
To create space **mentally, physically,** and **emotionally**

Instilling a **calm, grounded** & **clear** demeanour within the team

Workplace Productivity Statistics

Evidence of a direct correlation between **happier** employees and an increased **productivity** rate.

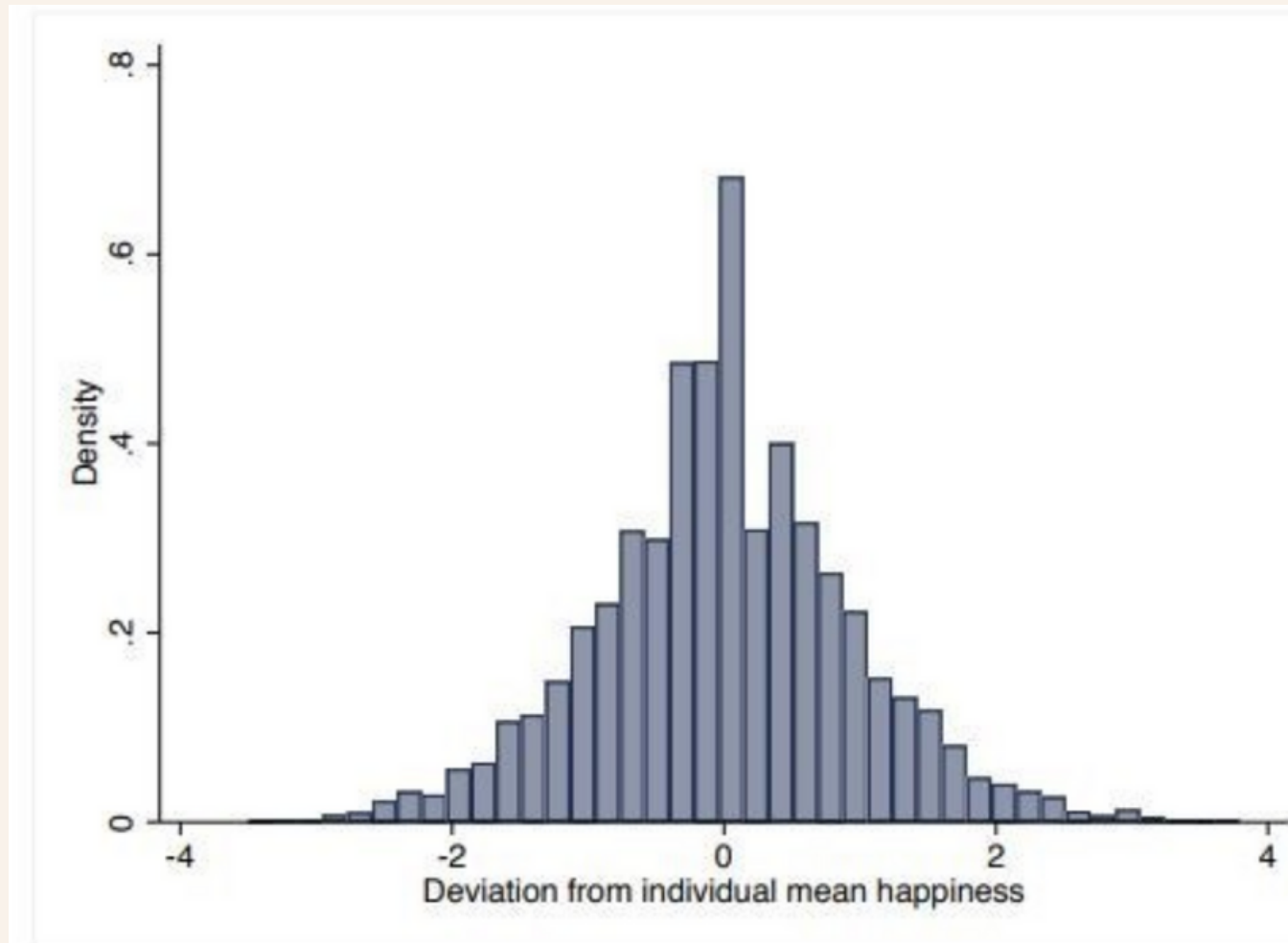
Figure 3: Those exposed to the randomised happiness treatment in the laboratory have higher productivity in Experiment I



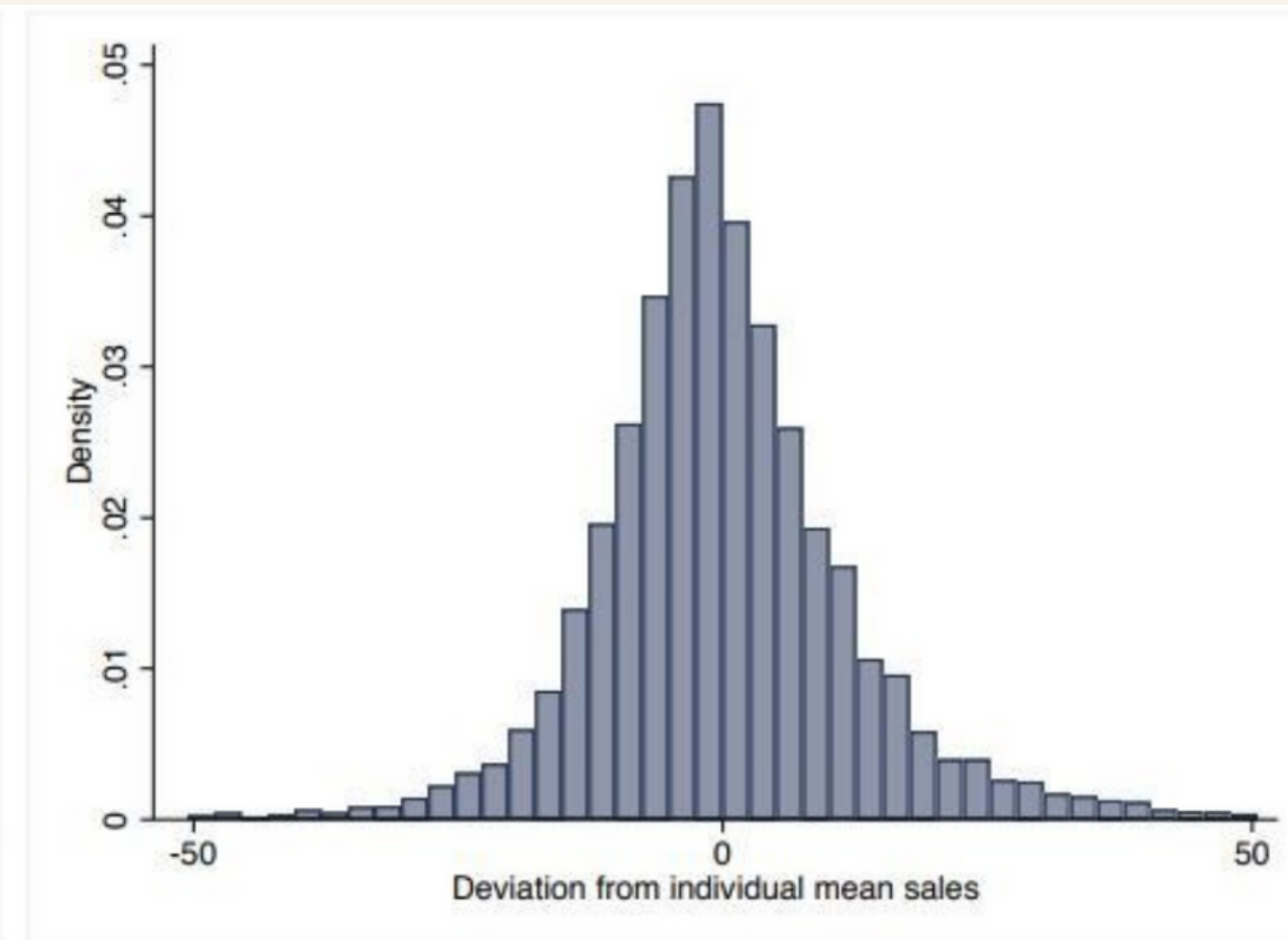
Source: <https://www.wellable.co/blog/happy-employees-are-12-more-productive/>

Workplace Sale Statistics

Evidence shows that a **happier** workplace results in an **increased** sale rate within teams.



(c) Happiness (within-worker)



(d) Sales (within-worker)

Health Statistics in the workplace



1 in 6 have mental health issues

Nearly **60%** of employees reported current **musculoskeletal** pain, most commonly in their lower back, neck and knees.

Mental Health Issues are the number **1** cause of sickness absences in the UK.

For every **£1** spent by employers on mental health interventions, employers could get back **£5.30** in reduced absence, presenteeism, and staff turnover.

Nearly **60%** of employees feel anxious



What happens in a class?

20 min

Body Opening Exercises

30 min

Tai Chi Exercises

10 min

Qi Gong Breathing Exercises



Body Opening

Our Body opening sets work through a series of specialised exercises designed to show you how to find space in the body, using release, rather than force.

As we progress, we'll go deeper into these sets, over the course of these 12 weeks, the body will start to unbind and become looser, more inline and flexible.



Tai Chi Exercises

As we progress from the body opening, we'll begin to find harmony between mind & body, upper and lower. We'll start the process of grounding the body, getting into the feet and out of the head.

We'll learn about structure, how to find alignment within our bodies, how to maintain this shape throughout the day. Learning how better shape creates a looser body.



Qi Gong - Breath Work

Most of us don't breathe properly, we breathe short shallow breaths, and some of us even skip breaths. We breathe high into the chest, and this triggers a fight or flight response in the body, spiking cortisol levels and leaving us feeling anxious.

Over this segment of the training, we'll begin to find stability within the breath. We'll learn how to breathe down low into our bellies, which will create a sense of calm in the mind and body.

Pricing Structure

ONLINE LESSON

£120

- ✓ Online
- ✓ 60 minute lesson
- ✓ Groups up to 150

IN-PERSON LESSON

£150

- ✓ In-person
- ✓ 60 minute lesson
- ✓ Groups up to 50

Teams we've worked with



Meet Our Trainers

01



02



03



04



01. Duran Mack

Instructor

02. Andy Mack

Instructor

03. Kristin Nieger

Instructor

04. Paul McIntyre

Instructor

Explore More

Visit our official websites for more information

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