

# PERFORMANCE + RECOVERY FOR PROFESSIONALS

POWERED BY SPORT YOGA

*Sport Yoga is a fitness-based approach to yoga that combines strength, mobility, flexibility, balance, recovery, and breathwork to help professionals move, feel, and perform at their best.*

## WHAT YOUR TEAM GAINS:

### Physical Performance

- Reduce stiffness from prolonged sitting
- Improve mobility and posture
- Support recovery from repetitive work demands
- Improve movement quality throughout the workday

### Mental Performance

- Improve focus and mental clarity
- Help manage stress and physical tension
- Support sustained energy throughout the day

### Workplace Culture

- Encourage employee well-being
- Promote healthier workplace habits
- Support team connection and morale

## AVAILABLE PROGRAMS

- Pilot Session (60 min)
- Monthly Series
- Weekly Program

*Available On-site or Virtually*



COACH

**JOJO CHAN**

Sport Yoga + Performance Coach

## SESSION SET-UP

- Coach Jojo travels to your workplace
- Conference room, wellness room, or outdoor space (in-person)
- Delivered virtually for remote teams (participants join from home or office)
- Participants should bring a yoga mat
- Yoga blocks and props optional
- Comfortable clothing encouraged
- Suitable for all fitness levels

## WHY COACH JOJO?

- 20+ years certified in Sport Yoga
- 30+ years in strength training and performance
- Former Corporate Creative Director with deep understanding of workplace culture
- Known for professionalism, emotional intelligence, and a calm, grounded presence
- Naturally brings warmth, cultural awareness, and an ability to elevate those around her

Ready to support your team's health, performance, and well-being?

Email: [coachjojochan@gmail.com](mailto:coachjojochan@gmail.com)

[coachjojochan.com](http://coachjojochan.com) | [@coachjojochan](https://www.instagram.com/coachjojochan)