

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.

THE ROI OF MOVEMENT AT WORK

Improved Physical Performance

Help employees feel stronger, more energized, and physically prepared for the workday.

- Reduce stiffness and fatigue from desk work
- Improve mobility, posture, and movement
- Increase energy throughout the workday

Sharper Focus + Mental Clarity

Help employees return to work feeling refreshed, focused, and mentally recharged.

- Improve focus and decision-making
- Reduce stress and mental fatigue
- Sustain energy and resilience throughout the day

Stronger Workplace Culture

Help create a workplace where employees feel connected, supported, and valued.

- Strengthen team connection and collaboration
- Demonstrate a commitment to employee well-being
- Foster a healthier, more engaged workplace

Backed by Research

*A 2023 systematic review found that workplace physical activity programs improve employee health and productivity.*¹

¹ Effectiveness of Worksite Wellness Programs Based on Physical Activity, 2023.



COACH

JOJO CHAN

Sport Yoga + Performance Coach

AVAILABLE PROGRAMS

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

Available On-site or Virtually

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 uplifting presence

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

Email: coachjojochan@gmail.com

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