

HELP YOUR TEAM SHOW UP

Inviting your team, *the right way.*

A Chakra Hours session is a live, 30-minute guided wellbeing break, online or onsite. The most helpful thing you can do as a manager is make it easy and genuinely optional. People come when they feel invited, not assigned.

WHY IT HELPS YOUR TEAM

- **A real break.** A guided pause in a wall-to-wall day, not another thing to manage.
- **A reset for focus.** People often come back to their desks calmer and a little clearer.
- **A shared moment.** Doing something together, even quietly, is good for morale and connection.

HOW TO INVITE, KEEP IT LIGHT

- Share the calendar invite with a sentence or two, no big speech.
- Use words like optional, open to anyone, and no pressure.
- Say there is no experience needed and nothing to prepare, and cameras can stay off.

A simple version you can paste: "We have a live 30-minute wellbeing session on [day]. It is completely optional and open to anyone who wants a break. No experience needed, cameras off is totally fine."

FRIENDLY ANSWERS TO COMMON HESITATIONS

- **"I do not have time."** It is only 30 minutes, and you can be right back at your desk after. Many people find they focus better with the short break.
- **"I am not flexible, I am not into yoga."** No experience needed, and much of it is breathing and stillness. You can take part sitting in your chair.
- **"It is not really for me."** No pressure at all. If you are curious, cameras off and just listening is a perfectly good way to try it.

HOW TO MODEL IT

- ✓ Join in yourself when you can. It signals the time is real.
- ✓ Protect the half hour; try not to book over it.
- ✓ Do not message people during the session. Let them step away.

WHAT NOT TO DO

- Do not make it mandatory or track who attends.
- Do not single anyone out for joining or skipping.
- Do not turn it into a performance moment. It is a break, not a deliverable.