

Chair Yoga Wellness

Hem/Onc Admin and Finance Team

2024-25 Mini Grant

Deza Villanueva

Overview

The Chair Yoga Wellness Initiative aims to improve the well-being of the Hem/Onc Admin and Finance Team by offering accessible, low-impact yoga sessions tailored for individuals of all abilities and work environments. This program supports diversity, equity, and inclusion by providing flexible, inclusive wellness options that align with UCSF's commitment to a supportive and healthy environment.

Data Snapshot

There were 2 sessions of the chair yoga. First one was on March 11th at the Bakar Fitness Gym for an in-person session. It was attended by 6 staff. The virtual session was on April 22nd and attended by 9 staff.

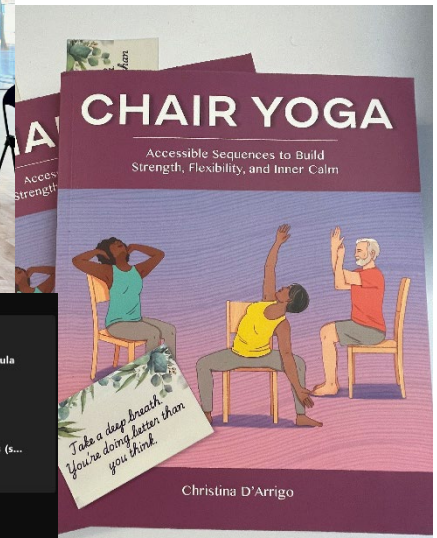
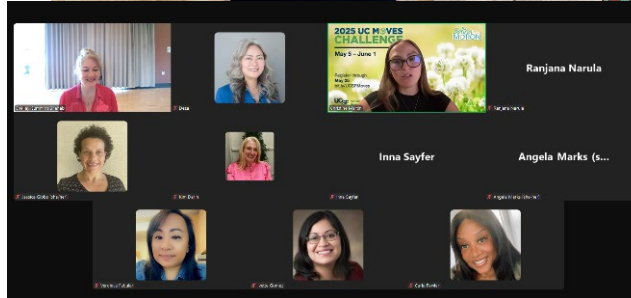
Resources

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Project Details

The Chair Yoga Wellness Initiative was dedicated to offering a gentle, accessible form of yoga designed to enhance physical health and mental well-being for individuals who are working remotely or confined to a limited space. This is for remote workers seeking a low-impact exercise option. We had 2 sessions of a 60-minute class, one in-person at the UCSF Bakar Gym and a virtual one, which guides participants through seated stretches, breathing exercises, and relaxation techniques, all performed while seated in a chair. The program aims to improve flexibility, alleviate muscle tension, and foster a sense of calm and mindfulness. Led by a certified yoga instructor with expertise in chair yoga, the class is designed to be inclusive and accommodating. We provided additional resources, including exercise handouts and online practice materials, to support participants in their wellness journey. This chair yoga program was designed to provide a gentle, accessible form of exercise for individuals who may or may not have mobility issues or chronic conditions or are looking for a low-impact way to stay active and decrease muscle tension and stress. The program aimed to improve flexibility, strength, and mental well-being while making yoga accessible to those who find traditional yoga poses challenging.

Project Challenges

1. Engagement Across Hybrid Work Settings:

Engaging a workforce split between remote and onsite locations proved challenging. Remote participants expressed challenges in carving out uninterrupted time for wellness during the workday, while onsite participants sometimes faced scheduling conflicts with other responsibilities.

2. Resource Limitations:

With only two sessions available and a modest budget, scalability was a concern. Some team members requested more frequent classes and additional time slots to better fit their schedules.

Lessons Learned

While a needs assessment survey was conducted, additional details could've been added, including preferred dates and times, potential barriers to participation, and interest in complementary wellness practices.

To make the program more sustainable, access to recorded sessions, a book, and digital resources will be provided to allow participants to continue practicing independently.

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