



“With help from Business Link I took the plunge and I’ve never looked back.”

Farah-Naz, Yoga 4 UK

Reaching high to achieve yoga dream

With help from Business Link Yorkshire, Sheffield businesswoman Farah-Naz Khan has followed her dream to help more people improve their physical and emotional well-being through yoga.

Yoga 4 UK is a social enterprise offering training in yoga techniques that can be incorporated into daily activities in nurseries, schools and offices. Individuals follow a training programme designed by Farah-Naz Khan so they are equipped to teach the techniques in their own workplace.

Farah-Naz was motivated to set up Yoga4 UK by her own experience of yoga during times of ill health. With a background in training and development she saw an opportunity to combine her skills and experience.

Farah-Naz wrote her training materials and set about gaining accreditation so that people working in schools, offices or with the elderly could achieve recognised awards. Then came the moment when she had to decide whether to leave a secure job to follow her dream.

Business Link Yorkshire helped her with business planning and social enterprise adviser Suzy Cornwell Ball put her in

touch with organisations that helped with funding and promoting the business.

Her training programmes are now being used in nurseries, schools, workplaces and other settings to bring health benefits to people of all ages.

Farah-Naz is about to recruit two new trainers and is actively looking for a business mentor.

“I have a strong background in research, community development, social entrepreneurship, enterprise and training, and a great deal of commitment, but now I need input from a mentor who will help me jump the business forward.

“I took the plunge and I’ve never looked back,” recalls Farah-Naz. “I never thought I was the sort of person to make such a dramatic decision, especially with two young children, but I now feel that I am doing something that’s really challenging, creative and hugely rewarding and I get to meet and work with some really interesting and inspiring people.”

NB: A social enterprise is a business with primarily social objectives whose surpluses are reinvested for that purpose rather than being driven by the need to deliver profit to shareholders or owners. (DTI, Social Enterprise Strategy 2002)

Could you benefit from Business Link’s free, independent and impartial advice?
Contact us now to find to what we can do for your business.

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