



Press release

## **From mindfulness meditation to psychedelic breathwork: Focus on overcoming anxiety, depression and loneliness with Urban Sports Club**

**Berlin, Germany, 30.04.2020** – The world is in crisis mode and an end to the pandemic is still a long way off. Even though public life is slowly picking up speed again, "physical distancing" remains the order of the day so much of everyday life still takes place within just a few square metres.

The accompanying fear, stress and loneliness can have a major impact on our mental health. That's why it's never been more important to focus on targeted selfcare and guided mindfulness exercises. With its new offer, Urban Sports Club provides access to thousands of [live online courses](#) in Germany and throughout Europe. Besides the classic classes such as Vinyasa Flow, Pilates or HIIT, many of the partners also offer courses that help to reduce stress and maintain inner balance. Prof. Dr. Niels Nagel, PhD in sports science and managing director of the German Industry Association for Fitness and Health (DIFG), of which Urban Sports Club is also a member, explains why sport is so important for physical and mental health in times of COVID-19.



### **Lack of exercise, worries and sleep disorders are long-term risks**

Prof. Dr. Niels Nagel explains: *"The societal constraints of the shutdown and the economic consequences for society have significant, negative effects on psychosocial as well as biological health. There is therefore a risk that parts of the population will fall ill with COVID-19 itself, but not from the consequences of this pandemic. The restriction of physical activity can lead to health risks such as diabetes, cancer, osteoporosis and cardiovascular diseases."* A recently published study shows that one third of the population in Germany is less active since the curfew was imposed.

### **Training for a positive and calm mind**

So what can you do to counteract this? Prof. Dr. Niels Nagel and sports scientist Anna Lisa Martin-Niedecken say: *"Combined strength and endurance training has positive effects on mental health - for example in terms of improving stress resilience or in preventing depression and exhaustion. With regard to containing the psychological consequences of the COVID-19 pandemic, the German medical journal explicitly focuses on yoga, Pilates and strength training. In addition, training can help to maintain mental performance in terms of school, studies and work and improve sleep quality and self-esteem."*

### **The importance of routines and social contacts**

Furthermore, in times of home office, home-schooling and home workouts, sports routines not only help plan each individual week, but also help set highlights in isolation. In contrast to pre-recorded videos, Urban Sports Club's live online courses provide real-time group-training with familiar trainers. This social interaction creates a real sense of unity. In addition, many of the [new live online courses from Urban Sports Club](#) provide helpful tools to get through this period of Coronavirus mentally and physically fit. For example, meditation, mindfulness and breathing exercises can be used to switch off the never-ending "thought carousel." We've put together some highlights from a selection of Urban Sports Club partners.



### **Meditation**

The mind, too, needs rest periods in order to remain efficient and healthy in the long term. So how nice would it be to simply "meditate away" negative thoughts and feelings? The practice can help to reduce stress levels and anxiety. That's why the lockdown phase is the perfect time to take a closer look at mental health boosting meditation. The [YogaCafé in Berlin](#) offers Sunset Yin Yoga with meditation for better breathing and body awareness. [Yoga Barn Berlin](#) streams meditation classes on the subject of acceptance directly from their studio. [Yaya Yoga in Munich](#) invites you to a "4-rhythm meditation" and [Cityyoga in Cologne](#) leads you through a mindfulness meditation, amongst other things. Those who would like to try 'movement meditation' can do so in combination with Qi Gong, taught by [Cologne-based trainer Michael Lourenco](#). [The Studio - Lehel in Munich](#) offers "Move & Meditation" online courses - a mantra meditation that activates the vital Kundalini energy that lies dormant at the lower end of the spine.

### **Yoga**

The best way to end a stressful day of home office is to take a yoga class from [Yes!Yoga in Cologne](#). The "Yogarelay" course promises deep relaxation and a restful sleep. Regular practice brings the mind to rest and promotes the ability to let go. Additionally, our partner [High On Yoga Berlin](#) hosts classes that teach a very special form of deep relaxation in their peaceful "Yin Yoga and Yoga Nidra" sessions.



[Hotpod Yoga Berlin](#) offers musical variety despite closed clubs and in their "Beat to the Heat" course, participants can enjoy a vinyasa flow session with live beats playing in the background.

### **Further Specials**

[Psychedelic Breath](#) with Eva Kaczor is streamed from the partner studio [Yogatrobe in Berlin](#) and helps to discover your own potential and clear your mind.

Try out Tai Chi with [Chimosa from Berlin](#). This combination of breathing, posture, weight shifting, concentration and stretching will help you find your balance again. Amongst others,

Deep Stretch Relax classes are offered at the Nuremberg partner studio [Holy Wow Yoga](#). The aim of the class is to allow the body and mind to relax completely. To achieve this, a lot of work is done with the fasciae, which can lead to tension when they become stuck.



### **About Urban Sports Club**

Urban Sports Club offers a flexible sports flat rate. The aim is to motivate people to take part in sports through the largest and most varied range of offers and to encourage them to lead a healthier and more active lifestyle. From fitness, yoga, swimming and climbing to team sports and wellness offers - members can compile their individual training plan from over 50 sports and more than 8,000 partner locations - including OneFit there are more than 10,000 - in six countries (Germany, France, Spain, Italy, Belgium, Portugal) and check in to the sport via smartphone app. Diversity, flexible conditions as well as organized team sports and wellness offers round off the range of services for private and corporate customers.

Due to the current COVID-19 situation, Urban Sports Club has temporarily changed its offer to online courses. The interactive training units take place via livestream in real time. This gives users access to thousands of courses from hundreds of partner locations in Germany and Europe.

### **About Prof. Dr. Niels Nagel**

Prof. Dr. Niels Nagel has a doctorate in sports science, is professor at the ISM University in Cologne and managing director of the German Industrial Association for Fitness and Health e.V. in Düsseldorf.

### **About Anna Lisa Martin-Niedecken**

Anna Lisa Martin-Niedecken is a sports scientist and senior researcher at the Department of Design of the Zurich University of the Arts as well as CEO and co-founder of the fitness gaming start-up Sphery.

Please do not hesitate to contact us if you have any questions.

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