
Why Offer Yoga in the Workplace?

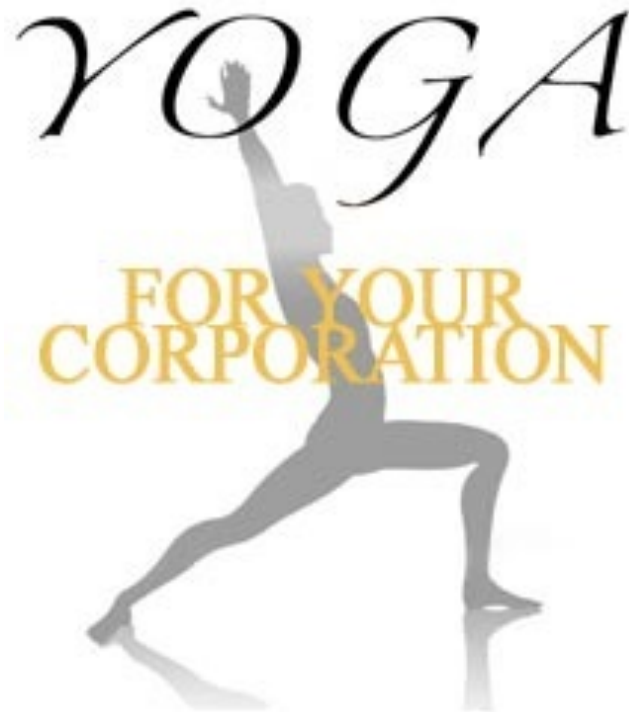
Yoga in the work place makes it easy for employees to join in and eliminates travel times to and from a yoga studio. Corporate yoga promotes self care and stress relieving techniques during the workday.

One of the many benefits of Yoga is developing an awareness of the effects of stress in our lives, and the skills with which to manage them. These benefits naturally extend from the individual participant to the work environment in which they are contributing. Regular practice is known to bring improved health in mind and body, increased energy, well-being and productivity.

Unlike other exercise routines yoga, is low impact, improves strength and flexibility, builds concentration, and reduces mental and physical stress and tension. In addition, yoga is known to eradicate fatigue and generate energy , all of which lead to increased productivity and morale. Yoga exercises are simple and can be modified for different skill levels and abilities - perfect for the office environment!

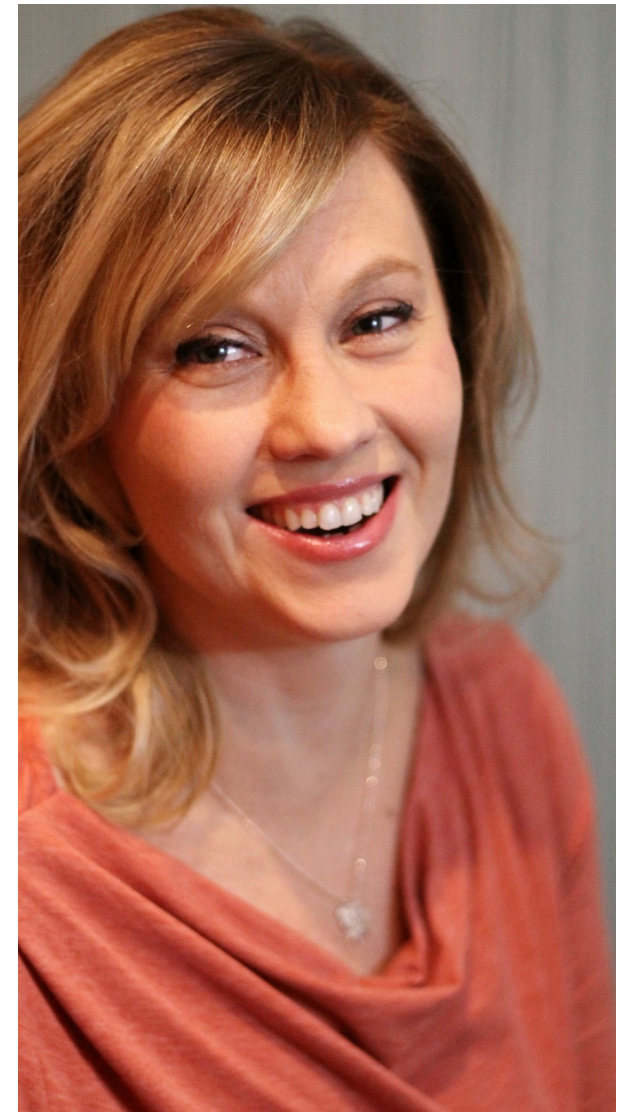
Yoga in the Workplace

Yoga is becoming increasingly popular in the workplace. Many companies now recognize the value of yoga and are offering classes to their employees as part of their stress reduction and corporate wellness programs during the workday. According to Yoga Journal, such companies include Chase Manhattan Bank, Forbes, HBO, GE, Wall Street brokerage firms, and dozens of Fortune 500's like Nike, Apple, Harpo, Motorola, Google, Forbes, and General Motors.



Kalamazoo Yoga & Wellness

Finding Zen in the 'Zoo



Benefits for the Company

Yoga can be a positive influence on one's ability to concentrate, gain confidence, and reduce stress. All these things lead to more a more productive, harmonious work environment.

But that's not the only benefit to companies. Providing yoga for employees can significantly cut operating costs.

According to the American Institute for Stress, job stress costs U.S. companies about \$300 billion annually through absenteeism, diminished productivity, employee turnover and direct medical, legal and insurance fees.

A recent study on worksite health programs tells us that corporations realized \$3 - \$6 in savings for every \$1 invested in wellness programs. The same study showed more than a 25% average reduction in health-care costs for well-designed programs (American Journal of Health Promotion).

Offering yoga classes at work is a low-cost and innovative solution for companies wanting to reduce health care expenses, relieve workplace stress and promote employee well-being.



YOGA@Work



Benefits for the Employee

- Improves concentration, decision-making skills and ability to multi-task
- Reduces multiple costs of stress-related illnesses and absenteeism
- Improves alertness and productivity and ability to react more calmly in demanding situations
- Relieves head, neck and back strain, carpal tunnel syndrome, insomnia, high blood pressure and work-related injuries from repetitive motion, sedentary job environments and/or lifting and moving objects
- Creates better customer service
- Enhances attitude and outlook
- Promotes well-being in the workplace

Kalamazoo Yoga & Wellness Is YOUR Choice

Erin Tonda is a former attorney turned yogi and understands well the stress of corporate life. She has over 200 hours of training and 200 hours of teaching yoga, wellness, meditation and stress relief. With various pricing options to suit individual corporate budgets, Erin does her very best to ensure that yoga can be enjoyed by all!

