

"Yoga in conjunction with meditation can indeed relieve stress and improve work performance."

Stress Reduction Clinic at the University of Massachusetts Medical Center

"Yoga is a very powerful tool of stress management"

Dr. Dean Ornish

"Fifteen million Americans include some form of yoga in their fitness regimen— twice as many as did five years ago."

Time Magazine

Organizations Who Have Offered Yoga at work:

New York Police Department
Intel
AT&T
Forbes
IBM
Microsoft
Nike
GE
JP Morgan Chase
Bristol Meyers
US Marines
Apple Computer
PepsiCo

According to a recent survey by the Employee Services Management Association, (ESM Association), Thirty-eight percent of respondents will increase stress reduction offerings such as onsite massages and yoga classes in the coming months.

Are Your Employees Bending Over Backwards?

Stress relief is at your doorstep
with *Yoga Variations*

Happy, healthy and motivated employees are just a stretch away thanks to the "Yoga at Work" programs we offer.

*"Yoga is excellence in work."
~ The Bhagavad Gita*

Yoga is an ancient discipline offering practical, accessible techniques for reducing physical and mental stress. Participants in the sessions conducted by *Yoga Variations* will learn various tools that center around yoga postures and breathing techniques to train individuals to become aware of how, when and where tension begins and how it effects the body, mind, and emotions. The methods will help employees stay focused on the task at hand and maintain a clear perspective. Techniques for reducing both physical and mental stress include:

- Improvement in posture for tension management
- Improvement of concentration and productivity
- Increase in strength flexibility for greater stress resistance
- Reduction of mental fatigue and generation of energy

Our "Yoga At Work" program offers a variety of class options:

On-Site Yoga Classes

Classes are generally scheduled after work or during lunch hours
Designed for all levels- beginners through advanced
Classes are typically 45 to 90 minutes in length
Sign on for 8 or 12-week segments

Stress Management Workshops:

Meditation techniques
Exercises to quiet anxiety and focus the mind
Exercises and stretches to relieve muscular tension at your desk
Workshops can vary in length from 1 to 2 hours.

All of this can add to your bottom line by increasing employee morale and productivity, and decreasing absenteeism. *Yoga Variations* makes creating a "Yoga at Work" program easy by providing all the necessary tools. The only thing that your company would need to provide is space to hold the class - classrooms, conference rooms and/or cafeterias can all be used.

Join the growing number of corporations embracing workplace Yoga as a cost-effective retention strategy. Call to find out how your business can thrive with Yoga today!