

# Corporate yoga

Corporate yoga has been gaining momentum in recent years. 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.

Many companies now recognise the value of yoga and are offering classes to their employees as part of their stress reduction and corporate wellness programs during the workday.

## Company benefits:

- Higher productivity
- Lowered stress-related health care costs
- Less absenteeism and disability claims
- Happier workplace
- Improved overall morale
- Better customer service
- Less employee turnover
- Workforce is fulfilled and joyful

## Employee benefits:

- Improved concentration and productivity
- Relieved head, neck and back strain, insomnia, carpal tunnel syndrome, high blood pressure
- Less work-related injuries from repetitive motions
- Enhanced attitude towards work
- Increased well-being in the workplace
- Reduced stress, anxiety and depression
- Improved posture

## How Does It Work?

- Corporate Yoga is offered online for companies around the world.
- Companies choose the time that fits their employees best.
- Early morning yoga/Lunch time yoga/After work yoga
- Alternatively, Chair Yoga is a helpful and accessible option for those with little or no yoga experience and who may be working at the computer all day.
- Yoga lessons are 30-60 min.
- Sessions are in English.

I would love to invite you to further explore yoga in the workplace with me.

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