

Corporate Yoga Research Findings + Benefits

- ⊕ In survey after survey, Americans identify stress as their number one health concern today. More than 50% of adults in the U.S. report high stress on a daily basis. Untreated, stress can seriously affect performance, health and well-being.
Mind/Body Medical Institute: <http://www.mbmi.org>
- ⊕ Reporting in the Journal of American Medical Association, a team of researchers from universities argue that stress can lessen a person's immune response and that change can make them more susceptible to infectious disease. They also say that increased stress may lessen the effectiveness of certain vaccines.
The Ohio State University "Research News"
- ⊕ After a 5-minute period of stress induction, Yoga breathing exercises were shown to lower systolic blood pressure more quickly when compared to classical music and natural sounds. (In other words, even calming music was less effective than proper breathing.)
American Journal of Hypertension: http://yogamoment.com/yoga_benefits.shtml
- ⊕ A study done at University of California at San Francisco has confirmed that stress really does age you. Constant stress causes the telomere, the tiny caps on cells' chromosomes that govern cell regeneration, to get smaller. When the cell's telomere become too short, the cell stops dividing and eventually dies. Shorter telomeres were also correlated with an individual's perception of their own stress levels. According to Thomas Perls, M.D. and director of the New England Centurion Project at Boston University, "It isn't the amount of stress that matters, but how you manage it."
From the article, "10 Secrets to a Good, Long Life" found in the July/August 2005 issue of AARP, The Magazine

Benefits of Corporate Yoga Programs:

The effective antidote for the stress of modern-day challenges in business and in life!

- ⊕ **Improved morale in the workplace**
- ⊕ **Increased productivity and communication**
- ⊕ **Increased efficiency**
- ⊕ **Increased concentration**
- ⊕ **Decreased anxiety and tension**
- ⊕ **Decreased muscle tension and pain**
- ⊕ **Decreased sick time and absences**
- ⊕ **Ability to manage emotional stress**

Assets/Strengths of Corporate Yoga:

- ⊕ Expanding desire to have more joy
- ⊕ Lower heart rate
- ⊕ Lose weight
- ⊕ Notice how you're feeling & allowing yourself to feel better
- ⊕ Acknowledge health into our hands
- ⊕ Setting time aside for practice each week – enormous power in that!
- ⊕ Encourage what's going right and do so continually
- ⊕ Discover power/magic in letting go
- ⊕ Opens space for more good to come
- ⊕ Staying open: being ready for opportunities (common characteristic in successful CEOs)
- ⊕ Increased clarity/flexibility/resiliency in our minds
- ⊕ Redirect energy towards solutions / “lightening up”
- ⊕ Increased courage: being at peace with what we do not know
- ⊕ Focus: seizing what we would like more of
- ⊕ Client-centered: Teacher will walk around and adjust you
- ⊕ Increased vitality/energy/life force—72,000 energetic openings for the body
- ⊕ More on the job creativity & productivity
- ⊕ All-level classes—inspires students to move deeper towards trusting in themselves