

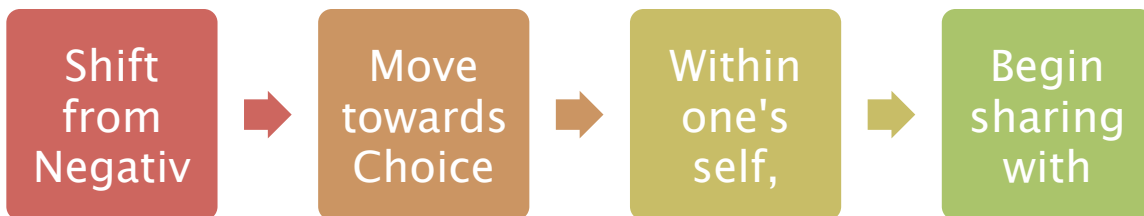
Benefits of Yoga

A regular yoga practice has shown itself to be an effective antidote for the stress of modern-day challenges in business and in life.

Yoga can:

- ⊕ Improve morale in the workplace
- ⊕ Increase productivity and communication
- ⊕ Increase efficiency
- ⊕ Increase concentration
- ⊕ Decrease anxiety and tension
- ⊕ Decrease muscle tension and pain
- ⊕ Decrease sick time and absences
- ⊕ Provide the ability to manage emotional stress
- ⊕ Improve sleep
- ⊕ Increase energy
- ⊕ Normalize endocrine function
- ⊕ Decrease blood pressure
- ⊕ Reduce Carpal Tunnel Syndrome
- ⊕ Increase EEG-alpha waves
- ⊕ Normalize weight
- ⊕ Improve memory and cognitive functions

A model for wellness



Fewer sick days lost

Yoga revitalizes the immune system and the major organs of the body; removing waste products (such as alcohol) up to three times more quickly. Improved immunity means less workdays lost through colds, fatigue and other non-specific illnesses.

Less back pain

An extensive number of sick days are lost because of back pain each year. The stronger, healthier backs that result from a regular yoga practice will significantly lessen the number of days missed. Count them.

Better problem-solving skills

Yoga harmonizes the left and the right sides of the brain allowing for logical and creative thought to come together as one. Flashes of inspiration should become increasingly common.

Quicker response time

By training you in the art of single-pointedness, yoga immediately improves mental concentration and focus.

The ability to stay cool

Stress is like an enclosing wall all around us. Yogic deep breathing and yoga stretches create a genuine sense of inner and outer space. Tightening deadlines, conflict and other stresses will lose their grip as you learn to breathe and stand your ground.

Happiness

Yoga physiologically transforms apathy and depression into happiness by oxygenating the brain and increasing the levels of endorphins in the blood.

Energy and vitality

Yoga awakens hidden reserves of energy within your nervous, endocrine and cardiovascular systems; replacing drowsiness and fatigue with alertness and aliveness.

Improved self-esteem

You will come to feel good about yourself. By carrying out demanding physical yoga postures, your confidence will grow—even after your first class!

Stronger bonds

When people take yoga classes together, they build better avenues of communication and trust between one another and even have fun.