

**Some people are a little confused about what yoga is.** It is not about turning yourself into a pretzel, and it's not just about the physical. It is about the mind-body connection. Western science is providing research that shows that yoga improves health, heals aches and pains, and relieves stress. The goals and objectives of our workplace yoga programs are to help employees de-stress, relax, improve health, increase focus, help them bond with co-workers, and, of course, have fun and feel great!

**When teaching workplace yoga, being adaptable and versatile on the teacher's part is important.** Having people of different fitness levels, or age and job levels etc. requires the teacher to be able to come up with variations when necessary. Sometimes a teacher may have a plan or theme for class, but students request something entirely different and the teacher has to be ready for anything. Work days and demands differ and needs differ from day to day. **Our teachers are flexible in more ways than one!**

**Yoga is for everyone!**



## Alleviate Job-Related Health Issues

Employees often experience one or more of the following health issues relating directly to repetitive movement caused by their job responsibilities and poor body mechanics: chronic back pain, sharp or chronic neck pain, loss of range of motion and pain in the shoulders and wrists, fatigue, struggles with weight management, and anxiety/depression. Research shows that yoga can address and alleviate all of these issues.

[www.yogajanda.com](http://www.yogajanda.com)

*"Several provisions of the health care law aim to improve workforce wellness, including incentives for employees who maintain or achieve certain wellness outcomes. The Departments of Health and Human Services, Labor and the Treasury recently released proposed rules on wellness programs to reflect the changes to existing wellness provisions made by the health care law and to encourage wellness programs in group health coverage that are appropriately designed and protective of consumers."*

<http://www.healthlawguideforbusiness.org/financial-incentives>



## Yoga Janda Inc.

Offering Yoga in the Workplace

The right fitness and wellness programs can positively impact employees and their productivity level in the workplace and also at home.



[www.yogajanda.com](http://www.yogajanda.com)

(760) 716-6386

## About Us

My company, Yoga Janda Inc., has been in business since 2004. My website is [www.yogajanda.com](http://www.yogajanda.com). I taught fitness for 20 years and have been teaching yoga for 14 years. I am an Experienced Registered Yoga Teacher - meaning more than 1000 hours of teaching experience - E-RYT 200 with Yoga Alliance, and CPR certified and insured by Alternative Therapy Professional Association. In addition to private sessions and group classes, we also offer corporate yoga wellness accounts, including a weekly class for employees of an organization in Vista for over 10 years.

All of our yoga teachers have years of experience teaching various levels and are adaptable and knowledgeable. We are careful to develop a nurturing, noncompetitive environment.

Liza Janda  
Owner and  
Yoga Alliance Registered  
Yoga Teacher  
Since 2001



## Get a Free Class for your employees with your first 4 class package

Prices	Up To 20 Students
50 Minutes	\$ 100.00
60 Minutes	\$125.00
75 Minutes	\$150.00

Times can be adjusted to your company's needs and schedules.

4 class commitment

50% paid in advance

2 week cancellation notice

**Bring Yoga To Your Workplace!**



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## Research on the benefits of yoga in the workplace

### Yoga As Medicine

by Timothy McCall M.D.:

- Improves your flexibility
- Builds muscle strength
- Drains your lymph system and boosts immunity
- Drops your blood pressure
- Helps you focus
- Stimulates the relaxation response
- Reduces stress increasing productivity
- Helps reduce risks of acute and chronic medical conditions.

### **Scandinavian Journal of Work, Environment & Health**

© 2011- Results show that even a short program of yoga is effective for enhancing emotional well-being and resilience to stress in the workplace.

### **Oxford Journals-Occupational Medicine**

The results indicate that a workplace yoga intervention can reduce perceived stress and back pain and improve psychological well-being.

The **Affordable Care Act** specifically designates money for new incentives that encourage employers to promote healthier workplaces and preventative wellness programs.

