

Yoga in the Workplace

Ann Arbor Yoga and Meditation Now Offering Corporate Yoga Classes

Increased productivity, creativity, and improved concentration abilities are just some of the positive influences regular yoga practice can have – why not offer it to your staff?

It's easy – with Ann Arbor Yoga and Meditation you now can provide your employees with great tools to relieve stress and give them an opportunity to lead healthier, more balanced lives.

Today, many illnesses are the result of work-related stress and fatigue. In addition to calming the mind, regular yoga practice has been shown to positively influence the immune system and to strengthen the body's natural defense mechanisms.

Another common ailment of today's work life is chronic back pain due to the many hours spent slouching in office chairs. Yoga exercises done under expert guidance are a great way to improve poor postures, enabling relief and prevention of back pain.

Our unique gentle yoga exercises as well as our deep yogic relaxation classes **The Real Yoga Nidra** (designed and published by Ema's guru Swami Satyananda Paramahansa) can be performed by persons of any age, shape, size and fitness level. Our aim is not to conduct strenuous workouts but to provide a calming balance to busy schedules and hectic work lives.

Classes can be held before or after office hours, or even during lunch time. Our master instructor, Ema Stefanova, will come to your office and conduct the class on your premises, tailored to the specific needs of your staff and work environment.

For just \$149 per week, Ema will conduct a 60-minute class for up to 8 employees. We can also accommodate larger groups; just contact us for additional pricing schedules.

Offer our once-a-week classes to your staff and watch your employees transform into more healthy, energized and motivated individuals!

For more information about Ann Arbor Yoga and Meditation and the different classes we offer, please go to www.YogaAndMeditation.com or call us at (734) 665-7801.