

Offered by Balanced
Energy Wellness

Yoga at Work



A natural solution for workplace stress



Offer Your Employees a Solution for Workplace Stress

Pricing Options

- Full Subsidy—The Employer offers the classes to the Employee free of charge.
- Partial Subsidy—The class fee is shared by the Employer and Employee
- Hosting—The Employer offers a space in the office for the class time and employees individually pay for classes.

Class prices vary based on the number of participants and travel distance for the instructor, and can be as low as \$10 per person per class with a minimum of ten participants.

About the Instructor

Rawls Whittlesey is no stranger to corporate stress having worked in the corporate world for more than 25 years. She has been practicing yoga for more than 15 years and is certified to teach by Integrative Yoga Therapy (IYT200) and The Yoga Alliance (RYT200). In addition to traditional asana practice, Rawls incorporates body awareness, breathing exercises, guided imagery, meditation and relaxation to make for a rich yoga practice that helps relieve stress and keeps the body strong, flexible and mobile.

Today the average employee is working more hours, has much greater responsibility and is dealing with pressures and challenges that have never before faced the work force. Corporate yoga classes not only benefit employees by improving morale and reducing stress but can have an overall effect of enhancing the entire corporate environment.

To be able to go from their work stations to a Yoga class in the

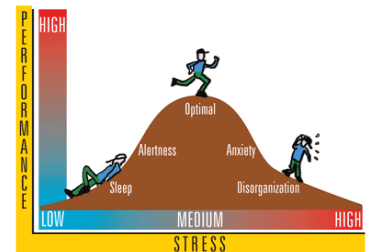
same location is very appealing to employees at all levels—a convenience that inspires loyalty and respect. Even those who don't attend classes are impressed that their companies offer them!

There is a tremendous need and a rapidly growing demand for corporate yoga as more companies become increasingly conscious of the costs of stress. Yoga has been proven to reduce stress and improve overall health.

Participating employees show:

- ◆ Reduced stress & improved productivity
- ◆ More focus & alertness
- ◆ Increased health & well-being
- ◆ Improved morale
- ◆ Lower healthcare costs

Stress Performance Connection



Classes Before, During or After Work

Our Early Morning and After Work Hatha Yoga classes are taught in a gentle Vinyasa style suitable for all skill levels and incorporate traditional yoga postures, breathing and deep relaxation techniques. The employees wear loose fitting exercise clothes and the one hour class is conducted on yoga mats on the floor.

Our Lunchtime "Stress Buster" is designed to easily integrate into the hectic and demanding workday schedule. The 30-45 minute program easily fits into a lunch break, allowing time to both relax and eat. The participants experience our foundational practices of concentration, breathing, simple stretch-

ing exercises, and relaxation techniques. Because this is "no sweat" yoga, participants can easily join this class in normal business attire while sitting in a chair. The techniques learned in this class can be taken back to the desk for use throughout the day.

Please contact us for more information!

Balanced Energy Wellness
www.balancedenergywellness.com

Phone: 678-848-3319
E-mail: rawls@balancedenergywellness.com