

CORPORATE YOGA ~ Grounded By Yoga & Wellness

Having seen the benefits yoga has had on my students, I began offering Yoga in the workplace. Grounded By Yoga has a mobile yoga center that includes yoga mats, belts, blocks and blankets. All of the equipment needed to conduct a yoga class in a board room, office or recreation area.

Companies have chosen one of three options in hosting yoga classes.

1. *Full subsidy* : Employer offers the classes free of charge to the employee.
2. *Partial subsidy* : Class fee is shared by employee and employer.
3. *Hosting* : Employer offers a space in the office for the class time and employees individually pay for classes.

Yoga in the work place is known to

- Build camaraderie
- Learn to remain peaceful and calm during work
 - Increase mental focus and clarity
 - Control and concentrate the mind
 - Enhance alertness
 - Improve stamina and resistance to illness
- Decrease stress during the performance of challenging work activities
- Improve communication, listening, and interpersonal relationship skills
 - Reduce stress
 - Increase the health and well being of co-workers
 - Reduce illnesses
 - Increase job satisfaction levels
- Increase the productivity of participating employees

Q. Why do yoga in the office rather than at a yoga studio?

A. Yoga in the work place makes it easy for employees to join in and eliminates travel times to and from the yoga studio. It also eliminates the tendency to lose people to errands and extra stops. Corporate yoga promotes self care and stress relieving techniques during the workday.

Q. What if our office has limited space for yoga but we still want to participate?

A. No problem, I can offer a private class just for your employees off site in a yoga studio.

Q. What does it cost?

A. Prices differ depending on the# of people participating in the program. Please contact me to discuss your questions and goals.

Q. How do we book a class or series of classes?

A. Simple. e-mail or me. Set up a meeting for me to see the space that will be used for yoga, discuss the type of business conducted in your workplace and the goals for the class. All classes are designed and customized to create balance in the individual corporate environment.

Q. What do we need to host or sponsor yoga in our office?

A. Four walls, an open floor and 45min-1hour to enjoy the benefits of yoga. If space isn't available, Yoga can also be explore an practice right at your chair and desk in regular work attire. I will provide any yoga equipment needed, expertise, and plenty of positive encouragement.

Q. Do our employees need to have yoga experience to participate?

A. No. Classes will be taught with the beginning student in mind. I teach yoga postures that are friendly to all.

Q. I heard that in yoga you need a hot room and sweat a lot. How would this work? Does everybody need to shower after class?

A. No. The corporate yoga classes are taught with the requirements of an office environment in mind. Although most participants like to change into more comfortable or loose fitting clothing for class, plenty of participants have enjoyed a yoga session in a button up shirt and slacks, or jeans.

Q. How often should we offer yoga in our office?

A. Most companies decide based on the availability of an open board room and the time and resources of their company. I offer bi-weekly, weekly, bi-monthly, and monthly class options. I recommend scheduling 3-4 classes at first. Then see the progression of results, responses and feedback from the employees. One class is a new experience. Two classes is still on the learning curve. As we move to three or four classes, participants are more familiar with the environment and the movements. Also offering workshops designed specifically for your companies needs.