

## Why Corporate Yoga

Written by ADMMHSE

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### Ancient Corporate Yoga

The aim of corporate yoga is to reduce stress in the working place. In return its benefits your company by keeping the staffs happy, healthy, creative and focused. So they could be the best at what they do for you.

It's true! Stress-related injuries and conditions are increasing every day.

Stress impacts our working environment by:

- \* Reducing productivity and morale
- \* Increasing injury and turnover
- \* Raising benefits expenses

The number of stress injury claims has steadily increased in recent years and psychological injury costs have been reported as high as four times the cost of other types of claims. There are often a number of signs that a person experiences the symptoms of stress in the workplace, some of these may be:

- \* Less productive
- \* Less efficient
- \* Lack of enthusiasm
- \* Increased irritability
- \* Poor inter-professional relationships

Yoga can help!

We specialize in combating stress with our customized corporate and organizational yoga-based programs.

Yoga is a scientific discipline that offers practical and definitive results while addressing tension in both the body and the mind. Yoga at the workplace has become popular in many companies nationwide because of the stress reduction benefits and the low cost of implementation.

Unlike the other routines exercise, yoga is low impact, improves strength and flexibility, builds concentration, and reduces mental and physical stress and tension. In addition, yoga is known to eradicate fatigue and generate energy, all of which lead to increased productivity and morale. Yoga exercises are simple and can be modified for different skill levels and abilities - perfect for the office environment!

While most stress management workshops just talk about how to deal with stress, our yoga programs get results immediately.

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Your employees will learn and experience the proven techniques that have immediate and everlasting effects.

The health of your staff is as equally important to us as it is to you.

As a result, the experienced team in ANCIENT YOGA has provided the Corporate Sector with a number of Public and Private Yoga Classes, Courses, Stress Management and Health & Wellbeing Programs which have been devised and established in order to provide a space for the following goals could be achieved:

- \* Increasing productivity
- \* Increasing performance and creativity
- \* Increasing drive and enthusiasm
- \* Well improved results on sports activity
- \* Decreasing irritability
- \* Reducing stress and anxiety
- \* Effectual stress management
- \* Enhancing inter-professional relationships
- \* Ameliorating general morale
- \* Reducing absenteeism
- \* Rebalancing & Improve Energy Levels
- \* Enhancing an overall sense of wellbeing and morale

Our tailor made packages can be provided onsite, any day at any time. Time range can be selected between 4am till 8pm.