

How do you increase efficiency and innovation, build teamwork, and improve the health, wellness and job satisfaction at your company?
Yoga and Meditation at your office!

Why Corporate Yoga?

Corporate yoga promotes self-care and stress relief during the workday, allowing for a boost in employee energy, creativity, productivity, and teamwork. Many companies offer yoga as part of their corporate wellness program including: Chase Manhattan Bank, Forbes, HBO, Nike, Apple, Motorola, Google, and GM. Offering yoga classes at work is a low-cost and innovative solution for companies wanting to reduce health care expenses, relieve workplace stress and promote employee well-being.

- For every \$1 invested in wellness, companies can expect \$3 in cost savings/benefits. (U of Michigan)
- Job stress costs U.S. companies about \$300 billion annually through absenteeism, diminished productivity, employee turnover and direct medical/legal/insurance fees. (American Institute for Stress)
- Stress is the cause of nearly 90% of doctor visits in the U.S. (C. Cooper & R. Payne)
- Employees who report a high degree of stress in their lives miss twice as many work days as employees who report a low degree of stress. (Conference Board of Canada)

Company Benefits	Employee Benefits
~reduces employee sick days and healthcare premiums	~improves alertness and productivity
~increases productivity and efficiency	~reduces job-related stress and provides coping strategies
~increases innovation and creativity	~promotes more supportive co-worker interactions
~promotes teamwork and employee synergy	~increases ability to react more calmly in demanding situations
~improves morale and job satisfaction, reduces turnover	~improves concentration, focus, memory, decision-making skills and ability to multi-task
~improves company and personal performance	~improves posture, flexibility, strength, balance
~promotes stress relief and stress management	~relieves head, neck and back strain, carpal tunnel syndrome, insomnia, high blood pressure and work-related injuries from repetitive motion, sedentary job environments
~makes the company more attractive to potential employees	

What does it Cost?

Prices vary depending on class duration, number of participants and frequency. On average, the cost for a 1 hour class is about \$15/person for a group of at least 10 people. Companies have chosen one of three options in hosting yoga classes:

Full subsidy: Employer offers the classes free of charge to the employee.

Partial subsidy: Class fees are shared by employee and employer.

Hosting: Employer offers a space in the office for the class time and employees individually pay.

How do we get started?

- 1—Find a semi-private space to fit 10 yoga mats (e.g., conference room)
- 2—Set a regular date/time for class (Thursday lunchtime slot currently available)
- 3—Choose the class duration (45, 60, 75 minute group yoga class)
- 4—Decide on a 6 or 8 week session
- 5—Determine whether the yoga program will be paid by employee or corporate funds

About Kim Beekman:

Kim Beekman is a fully-insured certified 200hr yoga instructor with extensive training in practical meditation techniques. She currently provides on-site corporate yoga services to **Center for Internet Security, SGS Telcom, and McMurry/TMG**. She also teaches yoga and meditation at **Wilton YMCA, and Skidmore College**—averaging about 100+ yoga students per week. Kim holds a Masters of Public Administration from the Maxwell School at Syracuse University and has been facilitating organizations through strategic planning, business process reengineering, and organizational change for 15 years.

Here's what people are saying about Kim's Corporate On-site Yoga:

"The day Kim comes to your office will be the most productive day of the week - because after her class everyone will be focused, sharp, and ready to work."

"Kim's class provides the perfect mid-day respite from a busy work day."

"I always leave the class feeling invigorated but also calmer and better able to handle challenges at work."

"Kim creates an extremely warm and nurturing space for people to recharge and tackle the day's challenges."

"Kim has organized a great program for us that is easy to participate in. She keeps us on task so the 45 minutes is all that is needed and we can get right back to work. I look forward to every Wednesday's class."

Kim gives us a relaxing and energizing break in our day!"

Contact Kim:

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