

## What is yoga?

On the surface the practice of yoga proves to be a great way to strengthen and tone muscles, build strength and increase flexibility. Few people know that the practice of yoga works below the surface as well. Studies by the National Institute of Health and various universities have proven the effectiveness of yoga for mental alertness, stress relief & increased immune system function

## Employer Benefits

- *Improve Work Performance*
- *Increase Workplace Morale*
- *Enhance Mental Clarity*
- *Decrease Anxiety*
- *Relieve Stress*
- *Increase Immune System Function*
- *On the Job Injury Prevention*
- *Soothe Back Pain*
- *Relieve Carpal Tunnel Syndrome*
- *Reduce Absenteeism*
- *Reduce Your Business Health Care Costs*

# Workplace YOGA



Employees are working in stressful conditions in our current economic climate. Many are struggling with an increased workload and the issue of job security. Workplace relationships are tense. The economy puts additional pressure on the personal lives of your employees. All of these elements contribute to stress, which weakens our immune systems opening us up to illness which - for the manager or business owner - equates to increased health costs for the organization and absenteeism.



573-694-0466  
Blissfulbalance.yoga



*Classes are taught by Vicky Meyer, who has spent decades working in corporate sales and marketing in both management and administrative roles. Her experience in an office setting allows her to effectively understand the workplace dynamic and the physical pressures of working at a computer all day, maintaining internal & external client relationships and working under stressful conditions. Vicky is registered through the Yoga Alliance at the 200 Hour Level.*

*RYT-200*

*Yoga Alliance ID# 267318*

**Affordable options  
make your team's  
wellbeing possible!**



**1-3 classes/week  
\$45 per class**

**4-6 classes/week  
\$38 per class**

**7-10 classes/week  
\$32 per class**



**Classes available  
before and after work  
& during lunch hour**