

Personal Benefits of Yoga

*PHYSICAL*

- Flexibility
- Strength
- Muscle Tone
- Pain Prevention
- Better Breathing

*MENTAL*

- Mental Calmness
- Stress Reduction
- Body Awareness

*The Yoga School of Therapeutics*

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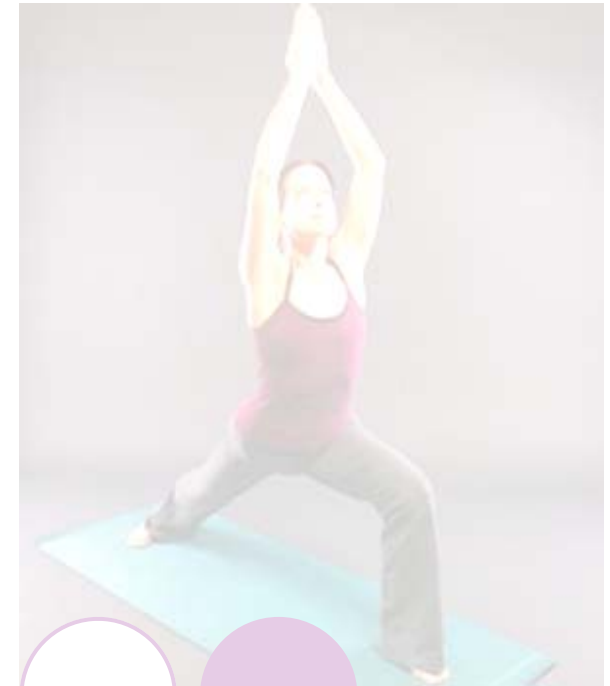
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*The Yoga School of Therapeutics*  
**Corporate Wellness**  
**Discount**



KC's Original Yoga School

913-492-9594



# YOGA - Ageless System of Health

## Experience the benefits of yoga and enjoy a 10% Corporate Discount.

Yoga produces a healthy strong body with increased immunity against disease. In addition, its rejuvenation effects on the glands and nervous system can result in a positive mental/emotional state which increases confidence, enthusiasm and creativity in everyday life! The Yoga School's expert staff provides proven programs that bring a myriad of healing effects. Come, learn and practice techniques which have been used for centuries to improve quality of life by helping to deal with its challenges.

## Why are American Corporations investing in Employee Health ?

Corporate investment in prevention and wellness is more than just a "nice thing" to do for employees. It also **saves money** through reduced illness/absenteeism, increased employee retention, fewer workers compensation claims, lower disability rates.

## What is the payoff for corporations that invest in employee wellness?

A US Department of Health and Human Services report revealed that physical activity programs reduced healthcare costs by 20 to 55 percent, reduced short-term sick leave by 6 to 32 percent and increased productivity by 2 to 52 percent.



According to data from the *Worksite Health Promotion Directory*, 70% of corporate America's

benefit costs are incurred in six disease categories. – all of which are preventable or at least modifiable through physical activity and other lifestyle/behavior changes taught at The Yoga School of Therapeutics.

## Yoga Studio Programs are targeted to meet the challenges of today's workplace:

A few examples are listed below:

**Stress Reduction & Cardiovascular Benefits** – 83.1% of those surveyed in the 2000 US National Wellness Survey, cited stress as the major health risk in their organizations. The relaxation and exercise components of yoga have been used effectively in the treatment and prevention of stress and high blood pressure. Choose from a variety of classes offered various times - 7 days a week.

**Musculoskeletal aches/pains** - Back pain is the most common reason to seek medical attention. Yoga has consistently been used to cure and prevent back pain by enhancing strength and flexibility. The Yoga Studio classes are equally effective for wrist, elbow and/or shoulder strains, as well as repetitive strain such as carpal tunnel syndrome and fibromyalgia.

**Arthritis** - Yoga is exercise and relaxation rolled into one - the perfect anti-arthritis formula. Yoga's gentle exercises designed to provide relief to needed joints have been found to be very effective in relieving arthritis and reestablish a complete range of motion.