

YOGA IN THE WORKPLACE

Yoga is an ancient form of exercise that can reduce stress and relieve muscular tension or pain. Practicing yoga at the workplace teaches employees to use relaxation techniques to reduce stress and risks of injury on the job. Yoga improves work performance by relieving tension and job stress. With increased clarity and mental acuity, employees can return to their workdays with improved communication, enhanced teamwork, and increased productivity.

Yoga for stress reduction and injury prevention at work. Gura, S.T. Work. 2002; 19(1):3-7.

The six-week yoga intervention resulted in significantly improved Profile of Mood States-Bipolar (POMS-Bi) and Inventory of Positive Psychological Attitudes (IPPA) scores for the yoga group compared to the wait-list control group for seven of eight measures of mood and well-being. The yoga group reported marked improvements in feelings of clear-mindedness, composure, elation, energy, and confidence; increased life purpose and satisfaction, and feelings of greater self-confidence during stressful situations.

The effectiveness of yoga for the improvement of well-being and resilience to stress in the workplace. Hartfiel et al., Scand J Work Environ Health 2011, vol 37, no 1.

YOGA TO RELAX AND REJUVENATE YOUR MIND, BODY AND SPIRIT.

- Enhance relaxation
- Deepen breathing
- Boost circulation
- Increase vitality
- Increase flexibility
- Improve balance
- Relieve stress and tension
- Increase muscular strength & endurance
- Enhance concentration
- Improve digestion and elimination
- Reduce fatigue
- Decrease back pain
- Decrease muscle soreness
- Enhance fluidity of movement
- Increase range of motion around joints
- Energize the body



Please send your email address to yoga_pilates@outlook.com to be added to Sandra Gibson's listserve for links and research related to yoga and pilates or for information regarding the upcoming **Women's Wellness Retreat** in Orangeville, Ontario tentatively scheduled for October/November 2019.

Email addresses are never share and you can request to be removed at any time. Namaste, Sandra

