

# Benefits of Yoga in the Workplace

*Business Knowledge Source* reports: “In these tough economic times employers and business owners alike are looking to cut costs and save money wherever possible. What more and more of the largest and most successful companies are realizing is that an investment in your employees is an investment in your company’s future. Programs that are designed to help employees to live healthier lives ultimately benefit more than just the employee; the company sees a return on the investment that they made on their employees as well.”

- “Fitness programs reduce costs in that they have the ability to help the employee to be healthier and therefore take fewer sick days, be more likely to rest well and therefore get to work on time, and to nourish the body so that the mind can function at optimum capacity.”
- *From Suite 101*: “The Wellness Councils of America reported a \$24 return for every \$1 spent on a company wellness program for small businesses.”
- “According to a 2005 survey by The Art of Health Promotion, companies who instituted employee health and wellness programs realized a 30% reduction in medical and absenteeism costs in less than four years.”

## Why Yoga?

Practicing yoga regularly can help return the body to a state of wellness through improved flexibility, strength and circulation; lower blood pressure and cholesterol as well as blood glucose levels. Other benefits of yoga include stress and pain relief. Through practiced breathing techniques, people can also experience improved concentration, coordination and memory. The Mayo Clinic reports that the benefits of yoga include stress reduction, increased fitness, management of chronic health conditions and weight loss. NCCAM states that research suggests that yoga might also improve mood and sense of well being, reduce heart rate and blood pressure and improve muscle relaxation and body composition.

- “Chronic stress can lead to a variety of health and emotional problems. Yoga can be an effective method to reduce stress and anxiety.” – Mayo Clinic
- Some of the studies currently being funded are investigating yoga’s effects on chronic low-back pain, chronic obstructive pulmonary disease, depression, diabetes risk, HIV, arthritis and smoking cessation.

## Why Infinite Light Center?

Infinite Light Center’s overall mission is to provide a venue that allows for people of all walks of life to discover peace and wellness, within themselves and their lifestyle. We can provide a benefit for virtually every employee, no matter his or her individual limitations.

Infinite Light Center is an established group of certified teachers that operates under the direction of Tony Riposo who has been practicing and teaching in the Syracuse area for over 20 years. All

ILC teachers are fully insured and are versed in leading classes suitable for beginners as well as experienced students. Instructors understand the special needs of individuals with a variety of issues including mild injuries, muscle strains, people with larger bodies and pregnant women.

We would love to speak with you further about our corporate programs and what we can do for you, your employees and your overall company health.

Please contact Tony directly at 315-373-0626 for more detailed information about our business and instructors.