

BEYOND BRILLIANT YOGA

Stress Relief at Work

LEARN TO COPE WITH DEADLINES, PROJECTS, TEAM MEETINGS, CONFERENCE CALLS, AND EMAILS!

Stress Relief at Work is a low-cost solution to encourage self-care for employees through practices that include movement, breath and mindfulness to improve strength, flexibility and attention.

Calm employees are more confident and creative both as individuals and in teams.



WHAT YOU CAN EXPECT:

- * Step-by- step guidance with an attentive, experienced teacher
- * Simple movement adapted and modified for the individual
- * Practices to promote breath awareness and relaxation
- * Classes that fit your needs: 30, 45, or 60 minute sessions

ADDITIONAL BENEFITS:

- * No travel time — easy for employees to join in
- * Minimal investment in materials

POTENTIAL RESULTS:

- * Improved concentration and decision-making skills
- * Ability to stay calm in demanding situations
- * Increased energy and productivity
- * Relief from head, neck, wrist and back strain related to desk work
- * Enhanced emotional self-regulation and behavior

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