

National Studies:

“80% of people feel stress on the job, and nearly 40% say they need help in managing stress.” – Gallup Poll

Yoga is becoming increasingly popular in the workplace. Many companies now recognize the value of yoga and are offering free classes to their employees as part of their stress reduction and corporate wellness programs during the workday.

A study released last year by the American Institute for Preventive Medicine found 62 percent of all companies – ranging from small to medium and large -offer some type of wellness program, most including yoga and/or meditation.

According to Yoga Journal, such companies include Chase Manhattan Bank, Forbes, HBO, GE, Wall Street brokerage firms, and dozens of Fortune 500's like Nike, Apple, Harpo, Motorola, Google, Forbes, and General Motors.

The benefits that yoga offers employees can translate into valuable assets for businesses; namely, higher employee morale, increased productivity, and fewer sick days and disability claims.

Yoga can be a positive influence on ones ability to concentrate, gain confidence, and reduce stress. All these things lead to more a more productive, harmonious work environment. But that's not the only benefit to companies. Providing yoga for employees can significantly cut operating costs.

Recent research indicates that companies who offer yoga and wellness programs to their employees reduce their annual health insurance premiums, and thereby improve their bottom line. According to a recent study on worksite health programs, corporations realized \$3 – \$6 in savings for every \$1 invested in wellness programs. The same study showed more than a 25% average reduction in health-care costs for well-designed programs (American Journal of Health Promotion).

Why offer Yoga Classes at Work?