

BENEFITS OF

WORKPLACE YOGA



NEULAND

yoga at the frontier

*"Clients do not come first. Employees come first.
If you take care of your employees,
they will take care of your clients."*

(Sir Richard Branson)

DE-STRESS. REFRESH. FOCUS. BREATHE. RELAX. BALANCE.



Workplace yoga is for you if you are searching for innovative ways to improve the physical, emotional, and mental health of your employees and to enhance productivity, creativity, and work flow by offering efficient, high valuable and refreshing workshops, seminars or regular corporate yoga classes at your workplace.

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WHY WORKPLACE YOGA?

- Employee health is directly related to corporate success.¹
 - Absenteeism costs Canadian employers an estimated \$8.6 billion annually², stress-related disorders an estimated \$12 billion per year.³
- Job stress creates up to 60% of employee absenteeism.⁴
 - For every \$1 invested in workplace wellness, a company can expect \$3 in cost savings or benefits.⁵
- Effective health and productivity programs help to save of about 1.5 to 1.7 days absenteeism per worker over 12 months.⁶

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BENEFITS of WORKPLACE YOGA

For The Employer

- Healthier, more satisfied and more productive employees
- Decreased health care premiums
- Reduced injury rates
- Reduced costs of disability, drugs, and absenteeism
- Higher revenue
- Less fluctuation of employees
- Better team spirit
- Better communication
- Stronger concentration and motivation
- Improved moral and ethics
- Higher level of performance, less mistakes
- More committed and better employee relations
- ...

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BENEFITS of WORKPLACE YOGA

For The Employees

- Reduced stress, anxiety, depression, and other chronic illness
- More energy and motivation
- Less fatigue
- Better posture and body awareness
- Less pain, tension, stiffness
- Improved overall health and well-being
- Reduced risk for stress-related diseases
- More commitment for employer and work
- Reduced personal health care costs
- Better communication among colleagues
- ...

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WHAT YOU CAN EXPECT FROM A SESSION

- 100 % personalized, high-quality, professional, non-intimidating yoga sessions
- a non-dogmatic, efficient, grounded, and modern teaching method
- easy to follow and focused instructions
- a safe and trustworthy environment
- a positive and motivating attitude
- passion, reliability, experience, knowledge, patience, humor, a German accent, heart & soul
- "the little extra"

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WHAT YOU NEED

Participants will need

- a yoga mat
- a yoga strap (or a belt, scarf, towel)
- comfortable, stretchy clothing and a pair of warm socks
- a bottle water

Please provide a quiet, comfortable, and warm space or room.



WHO I AM



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I am Katja Holzhei, founder and owner of NEULAND Yoga and a certified full-time professional yoga teacher, yoga teacher's mentor, health coach, Thai yoga practitioner, and writer.

I have been working as a yoga teacher since 2007. As of today I have taught yoga on two continents to over 14,500 students. Classes with me are available in English and German.

I am certified in Vinyasa Flow Yoga, Bikram Yoga, Pre- and Postnatal Yoga, and Thai Yoga Therapy and I have taken numerous workshops and seminars for additional education.

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Registered with



CANADIAN YOGA ALLIANCE

IAYT THE INTERNATIONAL ASSOCIATION OF
YOGA THERAPISTS

FOOTNOTES

¹ Lori Casselman for Sun Life Financial, "Building a Healthier Canada", May 10 2013

² Statistics Canada / well-beingyoga.ca

³ Vanier Institute of the Family / cchalw-ccsvat.ca/

⁴ C. Cooper & R. Payne / well-beingyoga.ca

⁵ U. of Michigan Research Center / well-beingyoga.ca / Dr. Roy Shephard for the Canadian government

⁶ Sun Life-Ivey Wellness ROI Study, 2012



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