

SAMPLE FLYERS/BROCHURES FOR ONSITE CORPORATE YOGA

Just another relaxing day at the office?




YOGA ROCKS makes it possible!

Happy, healthy and motivated employees are just a stretch away thanks to the corporate programs we offer. We offer your employees simple, safe and practical yoga techniques that quickly reduce tension and stress, while addressing a wide variety of work and non-work related conditions. Yoga is a scientific discipline that offers definitive results such as:

- Stress resistance from an increase in strength and flexibility.
- Decreases muscle tension from improved posture.
- Reduces mental fatigue.
- Generates more energy.
- Improves concentration and productivity.

All of this can add to your bottom line by increasing employee morale and productivity, and decreasing absenteeism. Plus, it's easy as we come to you with all of the necessary tools. All you provide is the space!

Join the growing number of corporations embracing workplace yoga as a cost effective employee retention strategy. Call to find out how your business can thrive with yoga today!



111-222-333
www.yogarocks.us email@yogarocks.us

MAIN FLYER

Stress Takes a Toll

Research research shows that stress is a major cause for many ailments.

- 51% Of employees say they have "high levels of stress" and are "beginning to feel overwhelmed."
- 50% Of employees miss one to two days of work each year due to stress.
- 44% Of employees surveyed say they come to work one to four days a year when they are too stressed to be effective.
- 50% Of all visits to primary care are to physicians for stress-related complaints.
- 50% More is spent on Healthcare for workers who report high levels of stress.
- 40% Of job turnover is due to stress.

Stress accounts for \$28 million in medical and disability payments and \$90 billion in lost productivity per year.



Research indicates that a 15-minute chair massage results in decreased job stress, increased alertness and increased speed & accuracy on math computations.

Office workers massaged regularly were more alert, performed better and were less stressed than those who weren't massaged!



516-417-1498
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Growing Popularity

Yoga Rocks integrates easily into your workplace making it easy for you to offer the healthy benefits of our onsite yoga classes at your company.

Yoga is a scientific discipline that offers practical and definitive results while addressing tension in both the body and the mind. Yoga at the workplace has become popular in many companies nationwide because it reduces stress and is cost-effective. Nothing to implement. Look who has onsite yoga programs already:


IBM, Microsoft, HBO, Nike, Intel, AT&T, Forbes, Apple, GE, Chase, Quicken, US Marine, New York Police Dept., Bristol Myers, Standard Oil, and many more.

The deep breathing and relaxation employees use from yoga help them to stay more focused. What are you going to do next. Why is it so difficult to make better decisions?

Bill Doyle
HR Health and Fitness Director

While most stress management workshops just talk about how to deal with stress, our yoga programs get results. Your employees will learn and experience proven techniques that have immediate and lasting effects.

Company	Employees	
Y	Increases employee retention	Reduces fatigue
P	Improves productivity	Enhances creative thinking
D	Decreases absenteeism	Improves problem solving
I	Improves job satisfaction	Increases energy
U	Improves overall company health	Lowers muscle tension and pain



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STATISTICS FLYER

Eliminate "Oh my aching head"
From your staff's vocabulary.

Problem - Headache
Headaches are the most common complaint in the back of the work week by the general work force. 80% of workers experience them at least once a week.

Solution - Bridge Flow
Releases tension in the neck, spine, jaw and helps flexibility to clear muscles.

No pain, no travel, no problem.
YOGA ROCKS brings relief to you!

Our mission is to deliver relief from headaches and other tension-related problems through the power of yoga. Our programs and restorative yoga are designed to increase employee productivity and improve mental and physical health. As a result, overall well-being is reinforced and optimal performance is the result.

While most stress management workshops merely talk about how to deal with stress, our yoga programs create genuine results. Your employees will learn proven techniques that have immediate and lasting impact.

Join the crowd and forget the headaches of stress! Hundreds of corporations have already utilized yoga programs in the workplace, including:

- New York Police Dept.
- IBM
- Microsoft
- HBO
- Republic
- Intel
- AT&T
- Qualcomm
- StandardFares
- Nike
- GE

According to a study conducted by the Annals of Internal Medicine, yoga is more effective than conventional exercise for patients with chronic low back pain and in the U.S., 1 million people practice yoga to low back pain.

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HEAD & NECK PAIN/SOLUTION

Employees in pain?
Show them you've got their back.

Problem - Back Pain
An estimated 10 million workers suffer from back pain. It is responsible for more productivity loss than any other work-related condition.

Solution - Twist
Focus attention in the back and put behind the shoulder (posterior) and massage internal organs.

Relieve pain without leaving the office with **YOGA ROCKS**

Massage therapy is beneficial for all ages - from infants to seniors - and for all walks of life - from athletes to those leaving from injuries resulting from minor or serious health conditions.

As an increasing number of research studies show massage decreases stress, reduces heart rate, lowers blood pressure, increases circulation, increases energy and much more. Massage Therapy lets into the body's own natural ability to heal itself. Massage is a scientific discipline that offers a broad range of benefits such as:

- Loosens tight muscles
- Stimulates the release of endorphins
- Increases flexibility and range of motion
- Speeds recovery from injuries and stress
- Strengthens immune system
- Reduces tension headaches
- Reduces anxiety and relieves the body
- Clears the nervous system.

Massage helps to improve and reorganize the Mind, Body and Spirit. Join the growing number of individuals that are including massage into their regular health routine. Call today for more information and ask about our free trial 450 discount.

December 2005



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LOW BACK PAIN/SOLUTION

Yoga Power:
Break the Cycle of Workplace Stress Injuries

Problem - Headache
1 million Capital Turnover workers report stress-related symptoms. A total of 20 million business revenue.

Solution - Downward Facing Dog
Technique puts the "Downward Facing Dog" through the neck, spine, jaw and helps flexibility to clear muscles.

Experience premium injury prevention with **YOGA ROCKS**

As the average American workforce continues to expand, employees are becoming increasingly overwhelmed with an influx of responsibilities and challenges. As more time is spent at the office, repetitive stress injuries such as Capital Turnover Syndrome have also become commonplace. As a result, stress rates in the workplace have grown exponentially, resulting in:

- Reduced productivity and morale
- Increased injury and turnover
- Stagnating health benefits costs

Yoga can help! Yoga is a scientific discipline that offers practical and definitive results while addressing tension in both the body and the mind. The popularity of workplace yoga is spreading, as companies nationwide are embracing the practice as a low cost method of stress reduction that is extremely easy to implement.

Unlike other exercise routines, yoga is low impact, and builds strength and flexibility while improving concentration and reducing mental and physical stress. In addition, yoga can eradicate fatigue and generate energy, all of which leads to increased levels of productivity and morale. Yoga exercises are simple and can be modified for different skill levels and abilities - perfect for the workplace environment!

According to the US Department of Labor, two thirds of reported cases of occupational stress are experienced by white collar workers, and repetitive stress injuries have risen 100% in the past 14 years. These claims carry with them an estimated average expense exceeding \$14,000 per company.



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REPETITIVE STRAIN PAIN/SOLUTION

OTHER COLORS AVAILABLE INCLUDING MATCHING YOUR OWN COMPANY COLORS