



### Save Money on Employee Retention

- ✓ Job stress costs companies about \$300 billion annually through absenteeism, declined productivity, employee turnover, and direct medical, legal and insurance fees.

### Reduce Productivity Losses

- ✓ Companies spend \$14,000 per employee per year on medically related productivity losses.

### Reduce Insurance Costs

- ✓ Corporations realized \$3-\$6 in savings for every \$1 invested in wellness programs. Studies indicate that companies who offer yoga & other wellness programs reduce their annual health insurance premiums.

Sources: The American Institute for Stress, CORsolutions, Inc, National Institute for Occupational Safety and Health, American Journal of Health Promotion

## Durango's Corporate Yoga Expert

K-Lea Gifford Yoga is Durango's corporate yoga expert offering classes to your employees as part of their stress reduction and corporate wellness programs during the workday. Creating a Healthy Workplace

K-Lea creates a lighthearted, inclusive, & accessible-by-all atmosphere while teaching simple yoga stretches and postures, breathing techniques, and meditation/mindfulness exercises without inviting potentially alienating practices.

People who have been under high stress for extended periods of time, and especially those who also sit for many hours a day, the psoas muscle (deep hip flexor) is most likely tight and shortened, which causes all sorts of postural issues and back pain. A general practice will address postural muscles in each session.





## Benefits of Corporate Yoga

At the end of the day, a corporation is only as good as the people running it. Since a corporate yoga program will directly benefit the health of your employees, the program will be improving the health of your company. Such as:

- ✓ Improved concentration, decision-making skills & ability to handle large workloads
- ✓ A better sense of recognition, due to the conscious efforts of the upper management investing in their employee's mental/physical well-being
- ✓ Relieved head, neck and back strain, insomnia, carpal tunnel syndrome, high blood pressure and work-related injuries from repetitive motions
- ✓ By learning conscious breathing techniques during yoga, we can manipulate our stress responses for better customer service

These yoga techniques will not only help in the workplace, but in all areas of life!

## Class Format

Classes are typically 45-minutes once a week or twice a month. Poll employees to find the best time and day.

Arrangements can be made to have individuals bring their personal yoga props or the corporation can provide all the equipment. Most employees prefer to bring their personal yoga mat.

Equipment required per person is a mat/strap/2 blocks. A wholesale order (10 or more sets) can be arranged. Office chairs can easily be used in lieu of special yoga chairs.

Corporation decides if class is to be:

1. Full subsidy: Employer offers the classes free of charge to the employee (highly recommended to show support and foster a better relationship between high-level management and entry-level employees)
2. Partial subsidy: Class fees are shared by employee and employer to equal instructor's minimum base fee.

## SCHEDULE AN EXPLORATION CALL OR REQUEST A CLASS,

**CONTACT K-LEA (303) 819 - 9076**  
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K-Lea's Current Corporate Clients include LPEA and Swan Global Investments

