

YOUR YOGA SPACE

HATHA • VINYASA • JOURNEY

YOGA @ WORK

Why is this such a rapidly growing trend in offices around the world?

The Modern Workplace:

Today's work place requires that employees work fast yet efficiently and accurately for long periods of time, the pace of the workplace and the constant demands on the individual leads to a state of chronic stress. Over time, chronic stress takes its toll on the mental and physical wellbeing of employees.

In addition, most people sit at a desk for hours on-end, while under stress of delivering results. This can lead to musculo-skeletal disorders such as back pain, spasms, headaches, neck tension and much more. Experiencing back pain for hours while maintaining productivity can be very difficult.

The stress and strain of the modern workplace can severely hamper productivity. Figures show that "stress in the workplace costs the UK over £530 million per year – or over 13 million 'lost' working days." – Lucia Cockcroft.



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Yoga's Role:

Yoga is a well-known method of reducing stress and anxiety as well as being an effective method of enhancing back strength and reducing back strain. Yoga teaches individuals coping mechanisms to better handle their demanding lives. The classes have a calming affect allowing individuals to put concerns into perspective. While also improving concentration and focus. Techniques are taught which can be used outside of the studio, assisting individuals to cope with demands as they arise.

Boosting the immune system and energy levels, the regular practice of yoga helps to prevent illness and fatigue, thus improving resilience regarding stresses found in the work place and decreasing the need for sick days

Research on how workplace stress can be assisted by a regular yoga practice found that “a weekly 60-minute class – was found to reduce anxiety and fatigue, boost emotional wellbeing and increase resilience to stress.” – Lucia Cockcroft.



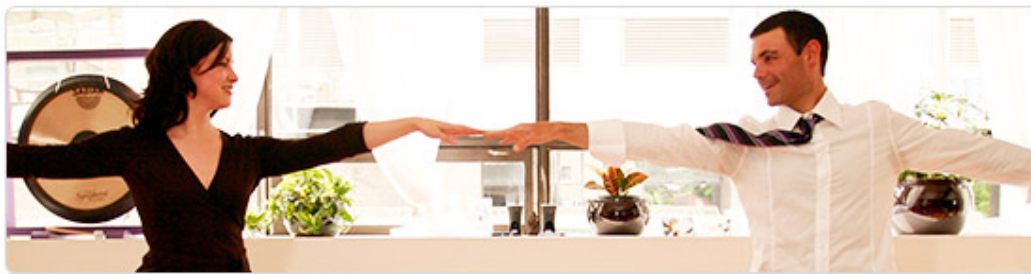
Extracts from Research on Yoga in the Workplace:

“Stress-related illness generates large health care expenditures for both employer and employee. Employees who experience chronic stress can have impaired job performance and increased risk of stress-related illness such as hypertension, risk factors of coronary heart disease, depression and sleep disorders. These rising health care costs are powerful incentives for companies to offer work-site wellness programming that includes stress management classes...There is good evidence that work-site programs that focus on managing stress and anxiety and on developing coping skills can significantly reduce illness and health care utilization.” – Buckworth, Klatt and Malarkey, 2008.

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“At work employees face numerous psychological stressors that can undermine their work performance. These stressors, stemming from a variety of possible causes, have enormous health and financial impacts on employees as well as employers...Yoga is an ancient form of exercise that can reduce stress and relieve muscular tension and pain. Practicing yoga at the workplace teaches employees to use relaxation techniques to reduce stress and risks of injury on the job. Yoga at the workplace is a convenient and practical outlet that improves work performance by relieving tension and job stress.” – Shira Taylor Gura, 2002.



Some of the Benefits of a Regular Yoga Practise:

- ❖ Boost your IMMUNE SYSTEM & ENERGY LEVELS
- ❖ Balance your METABOLISM to reach a healthy weight
- ❖ Improve CORE STRENGTH
- ❖ Relieve BACK PAIN, improving SPINAL ALIGNMENT
- ❖ Improve DIGESTION
- ❖ Alleviate ANXIETY, DEPRESSION & STRESS
- ❖ Increase SELF- & BODY- AWARENESS and ACCEPTANCE
- ❖ Enhance FITNESS & FLEXIBILITY
- ❖ Develop STRENGTH, STAMINA & CONCENTRATION
- ❖ Prevent ARTHRITIS, HYPERTENSION & OSTEOPOROSIS
- ❖ Improve MUSCLE TONE and STRENGTH

Side Note:

There are many misconceptions of yoga out there so it is important to note: *"Yoga is not a religion - remember that. Yoga is not Hindu, it is not Mohammedan. Yoga is a pure science just like mathematics, physics or chemistry."* – OSHO. Classes can be called "Active Relaxation" should employees feel uncomfortable with the term 'Yoga'. However, research has shown that calling these sessions 'yoga' can result in higher attendance than calling them 'Stress Management' classes.

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Why YOUR YOGA SPACE?

Cathy Rogers has an Honours in Psychology and 2 years experience in corporate psychological assessment. With her background in corporate wellness from a psychological perspective and her vast experience in calming students within her own yoga studio, her yoga classes have the necessary elements to reduce employee stress and strain, boost creativity, focus and concentration and to enhance their sense of wellbeing.

Yoga classes can incorporate team building exercises, where yoga postures are done in pairs/groups. This practice enhances communication, understanding and trust and its also a lot of fun.



For further reading:

<http://www.yogajournal.com/lifestyle/294>

www.youryogospace.co.za