



THINK BETTER

- Harness the power of the mind
- Improve clarity of thinking, communication skills and creativity
- Increase concentration and conscientiousness
- Decrease the effects of psychological stress through the meditative aspect
- Help focus and find inner balance
- Create conditions where one is trained to be less affected by one's surroundings, thus enabling a more positive outlook
- Mindfulness and innovation tools calm the nervous system and quiet mental chatter, laying the ground for better decision making
- Develop skill of paying attention to the task at hand therefore increasing productivity
- Have peace of mind at any time

After a session, employee's report feeling less bogged down by confusions and conflicts that normally weigh the mind down. They are able to focus better, problem solve more efficiently and their calm minds are able to be more creative. They are more relaxed, alert and focused. When company morale and confidence is up; stress and internal complaints are reduced.



FEEL BETTER

YOGA as a mind/body exercise:

- Increase strength, flexibility, and cardiovascular endurance
- Lubricate joints, tendons, ligaments
- Massage all internal organs through encouraging movements
- Improve overall energy level and mood
- Help work out tensions in the body (aids in release of back pain, respiration and digestive problems, helps lower blood pressure)
- Prevent disease, thus decreasing time-off for avoidable health issues
- Through increase in awareness, provides a forewarning of internal imbalance
- Detoxify by flushing out of toxins, improving circulation
- Delay the aging process
- Help control anxiety, aggression, depression, and emotional eating

After a session, your employees will come back to their tasks feeling revitalized, prepared, centered, and less likely to focus negatively on themselves, thus freeing up their energy to perform their tasks and responsibilities efficiently. Their enthusiasm and appreciation will affect their work positively.



LEAD BETTER

YOGA teaches self-mastery. With today's fast pace and constantly changing variables, productive leaders must be able to respond to their environments with simple-minded clarity, not confusion. You will learn tools to:

- Access new sources of creative thinking and inspired management
- Continue to refine your confidence
- Perform better and unleash hidden skills and talents through an
- Increase in feeling and thinking better! Yes, it is all related!

After a session, fears and anxieties are decreased. A confident person is a better leader. A less aggressive person is more of a team player. A good manager is a team captain, sensitive to her players. What benefits the individual can benefit the corporation, which is a sum of all its unique employees.

Feel Better

Think Better

Lead Better

DECREASE STRESS

Stress-related injuries and conditions are increasing every day! The average workweek is longer, with employees assuming more and more responsibilities and dealing with unprecedented challenges.

Stress impacts our environment by reducing productivity, diminishing morale and creating conditions for physical complaints. These include repetitive strain injuries such as carpal tunnel syndrome, back pain, headaches, poor concentration, high blood pressure and digestive disorders. Fatigue is a partner to this fast paced lifestyle. In response, companies are finding an increase in employee turnover, which raises benefits expenses.



YOUR INSTRUCTOR
RANA WAXMAN

YOGA is an ancient system, which teaches the art of creating and maintaining internal balance. This is an important coping strategy to combat the stresses we face. Currently, YOGA is thus becoming the workout of the new millennium, addressing tension in both the body and the mind.

The benefits of stress management are numerous both to the individual as well as to the corporation as a whole.

INCREASE PRODUCTIVITY

Corporations find YOGA increases productivity and performance, concentration and creativity, calmness and well being of employees. It also greatly reduces anxiety and fatigue and diminishes risks of repetitive injury strains, such as carpal tunnel syndrome. Side advantages are increased physical strength, cardiovascular endurance, flexibility and stamina.

LOW COST / HIGH RETURN

Corporate YOGA is low-cost, highly beneficial program. People see and feel results. Your employees will learn and experience proven techniques, which give lasting results. They will FEEL BETTER, THINK BETTER, LEAD BETTER.

OVER 20 YEARS OF EXPERIENCE

Your CORPORATE YOGA program will take into consideration the needs and questions of its participants. With over 20 years experience in sales and management, RANA WAXMAN is sensitive to the work environment and will tailor make each session to all levels of skills and abilities. Her training in massage therapy ensures the quality of safe and clear instruction. Her extensive training in YOGA and meditation will transpose into relaxing and energizing sessions. Her belief in integrating the system of YOGA into daily life will help participants make sense of what they learn, resulting in immediate and lasting results to their well-being, in and out of the office.

Each session will be a meditation in motion. Participants will learn safe and effective YOGA exercises, relaxation, meditation, and breathing exercises. They will soon begin to FEEL BETTER, THINK BETTER, LEAD BETTER.



INDUSTRY LEADERS

Some of the corporations who have implemented YOGA at work:

- Apple
- AT&T
- Bristol-Myers
- Forbes
- GE
- HBO
- IBM
- Intel
- Microsoft
- Nike
- PepsiCo
- The US Marines
- The White House

FEEL BETTER

THINK BETTER

LEAD BETTER