

Yoga Power:

Break the cycle of workplace stress injuries.

Problem - Repetitive Strains:

1.8 million Carpal Tunnel repetitive stress injuries are reported every year, at a cost of \$20 billion in business revenues..



Solution - Downward Facing Dog:

Techniques such as the "Downward Facing Dog" will strengthen the wrists, ease lower back pain, and stretch legs that tighten from long-term sitting.

Experience premium injury prevention with

YOGA NURSE® STRESS MANAGEMENT

As the average American workweek 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 Carpal Tunnel 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
- ◆ Skyrocketing 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 eliminate 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!



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"A yoga based regimen is more effective than wrist splinting in relieving some symptoms of carpal tunnel syndrome."

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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 1000% in the past 14 years. These claims carry with them an estimated average expense exceeding \$14,000 per company.

