

Eliminate “Oh my aching head” From your staff’s vocabulary.

Problem - Headache:

Most headaches arise from muscle tension in the back of the neck caused by the forward head position, with rounded shoulders and curved upper back.



Solution - Bridge Pose:

Reverses hunched position of the chest, opens lung and brings flexibility to spinal muscles.

No pain, no travel, no problem.

YOGA NURSE STRESS MANAGEMENT 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 workshops 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.
- Intel
- Chase Manhattan
- IBM
- AT&T
- Qualcomm
- Microsoft
- Forbes
- Bristol-Myers
- HBO
- Apple
- Nike
- Pepsico
- US Marines
- GE



The Yoga Nurse has directed yoga programs for the following:

- Hewlett Packard
- The Delphi Corporation
- Gowlings
- La Fleur
- Henderson Law Firm
- Le Page Real Estate
- First Citizens Bank
- Carteret General Hospital
- Raab Cancer Clinic
- The Tiller School
- New York University
- The Kripalu Center for Yoga & Health.

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“An estimated 150 million workdays are lost each year because of back pain, accounting for billions of dollars each year in lost wages and worker’s compensation claims.”

*Spine: International Journal
for the Study of the Spine*



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 for low back pain.

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