

Yoga at Work **with Jennifer Whipple**



Why Yoga at Work?

An increasing number of corporations and organizations have acknowledged the benefits of yoga and are providing yoga classes for their employees as a value-added to their benefits. Yoga in the workplace has been found to improve work efficiency and productivity, decrease absenteeism and enhance the health and overall job satisfaction of employees.

Practicing yoga on a consistent basis has been found to not only strengthen the body and improve flexibility but also to lower stress and enhance the immune system, thereby improving resistance to illness. Yoga at work is also a wonderful team building activity which can lead to increased job satisfaction and improved work relationships.

Our Corporate Yoga Program

An experienced, registered yoga teacher will come on-site to your company and teach your employees deep, rhythmic breathing techniques, which when done properly energize the body, lower stress, and improve mental focus, clarity and concentration. Participants will learn how to focus their attention to the breath as they are guided through a sequence of gentle yoga postures designed to bring the body into alignment. The postures will stretch the back, neck, wrists and other parts of the body. With consistent practice, yoga will improve strength, stamina and flexibility, while alleviating some of the discomfort associated with work-related injuries such as carpal tunnel, low back pain and migraines. Our program is suitable for all levels of physical health. Weekly programs or one-time wellness programs are available.



About Jennifer Whipple

Known for her inspirational style of teaching, Jennifer incorporates a sense of humor and creativity, encouraging her students to enjoy themselves through the process. Her teaching is rooted in the ashtanga-vinyasa and tantric traditions which link breath and movement in order to achieve optimal health and balance in mind, body and spirit. She has studied extensively with Yoga masters Jonny and Bryan Kest, Seane Corn, Shiva Rea, Mark Whitwell, Ana Forrest, Kathy McNames and Beryl Bender Birch.

Jennifer holds a BA in Communication Arts from Michigan State University and is an Experienced Registered Yoga Teacher (ERYT).

Rates

\$120/hour for up to 10 students. If more than 10 students: \$10 per student
(example: 15 students: \$150)

For More Information About Our Corporate Yoga Program

Contact: Jennifer Whipple, BA
Experienced Registered Yoga Teacher
(810) 965-0184
E-mail: jamwhipple@aol.com

Yoga at Work...works!

Improved Worker Productivity

Decreased Absenteeism

Healthier and Happier Employees