



Improving the lives of employees through mind & body wellness simultaneously improves the lifeline of the organization.
-Mimi Borda

Some things seem so obvious to some, yet others need to see the proof even when it's a 5000 year old practice that has withstood the test of time. Okay, so the proof is in, and yea, it works!

There is an enormous amount of research to support the multitude of benefits that can be obtained from a mind-body practice such as yoga, meditation and Pilates. Most people today know this, but somehow "life itself gets in the way", often leaving little to no time for the very thing that can help us live it better.

Numerous studies have evaluated the ability of wellness programs to improve healthy behaviors in the workplace. The American workforce is becoming more mindful mentions Time Magazine's January 5th, 2017 issue. Further stating that more than 85,000 adults, practice Yoga among U.S. workers almost doubled from 2002 to 2012, from 6 percent to 11 percent. Meditation rates also increased, from 8 percent to 9.9 percent. Citing a recent study showing that, yoga and meditation have shown to improve employee well-being and productivity. The study's authors say, "Our finding of high and increasing rates of exposure to mindfulness practices among U.S. workers is encouraging," they wrote in the Centers for Disease Control and Prevention (CDC) journal *Preventing Chronic Disease*.

Healthy behaviors create a more productive workplace by decreasing absenteeism, increasing retention, and sustaining high employee morale. Employees who have high morale are significantly less likely to be absent from work, and are happier to go, and remain with a company that invests in them. What better way to show someone you care, than showing concern for their well-being.

Additionally, one of the most imposing elements of everyday life can be stress if it's not controlled. Mind-body related practices help keep stress in check before it infiltrates all aspects of life, not the least the workplace. Research has also shown that slowing down and deepening breath, which is a main component of yoga and meditation, can control blood pressure and improve heart rate, thereby having real effects on our psychological and physical wellness.

Your Employees Will Benefit From:

- Reduced Stress, Anxiety, & Depression
- Increased Energy & Decreased Fatigue
- Improved Memory, Focus, and Concentration
- Stronger Muscles & Increased Flexibility
- Improved Overall Health
- Reduced Risk for Disease
- Greater Motivation & Job Satisfaction
- Increased Creativity & Team Building



Your Company Will Benefit From:

- Increased Productivity
- Decreased Healthcare Premiums
- Reduced Staff Turnover
- Reduced Employee Absenteeism
- Higher Job Satisfaction amongst Employees
- More Respect for Management
- Decreased Workplace Injuries

Bottom line, the proof is in, that offering a wellness program to the most important asset of any organization creates a happy, healthy and appreciative workforce, and that translates to a healthy lifeline for the overall organization.

Let us assist in helping you create a happier, healthier and more productive workforce .

Mimi For Me Yoga Wellness, provides Class Sessions/Workshops that are specifically designed to suit your unique needs and combine the most holistic and effective components in wellness today, such as: *Yoga *Introduction To Yoga *Chair Yoga, Gentle Yoga, Restorative Yoga *Yoga-Therapy *Stretch and Flex *Meditation *Breath-work *Guided Relaxation *Stress Release Techniques *Yogalates * Mat Pilates



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