



Benefits of Yoga

A bit of information on the benefits of Yoga and Meditation both for the individual and for organizations which support wellness programs.

Yoga

The benefits of yoga can accumulate over time and be experienced after just one class. Yoga promotes healthy safe movement in the body, can release stress and decrease pain. It has been linked to decreasing blood pressure, decreasing stress and anxiety, improving energy increasing flexibility and strength.

Here are some articles on yoga:

Yoga and general health improvements

<http://www.yogajournal.com/article/health/good/>

Yoga and physical health:

<http://www.psychologytoday.com/blog/minding-the-body/201110/yoga-new-wisdom-ancient-therapy>

<http://psycnet.apa.org/journals/ocp/17/2/246/>

Meditation

The benefits of meditation are being well researched. Emerging studies show an increase in focus, concentration, a decrease in stress and dis-ease in the body. As well as increasing the elasticity of the mind

Here are some articles on meditation

http://psyphz.psych.wisc.edu/web/News/Time_Jan06.html

http://greatergood.berkeley.edu/article/item/three_benefits_to_mindfulness_at_work

<http://marc.ucla.edu/body.cfm?id=38#summary>

Why Organizations want to support wellness initiatives in their work environments? As the research begins to show correlation between works stress and employees health, there is incentive for workplaces to get involved in supporting the wellness of their employees.

Here are a few articles which highlight some of the benefits of wellness on site programs

Yoga and productivity

<http://www.conferenceboard.ca/topics/humanresource/makingthebusinesscase.aspx>

http://www.grahamlowe.ca/documents/295/09.14_HOC_BenefitsCda.pdf

<http://www.sciencedaily.com/releases/2009/08/090804114102.htm>

Meditation and productivity

<http://www.canadianbusiness.com/lifestyle/why-meditation-has-a-place-in-business/>

<http://www.conferenceboard.ca/topics/humanresource/makingthebusinesscase.aspx>

http://www.grahamlowe.ca/documents/295/09.14_HOC_BenefitsCda.pdf

If you would like more information on how our wellness programs fit into directives of insurance companies and can support decreasing your companies ROI.

Please contact us and we will be happy to share the studies and research.