

WORKPLACE WELLNESS

THE BENEFITS OF BRINGING ZEN INTO THE OFFICE



WHY PRACTICE YOGA AND MEDITATION IN THE WORKPLACE?



Yoga and meditation's increasing popularity is not simply a result of another trendy workout, but because it has been proven to help strengthen both the body and mind providing mental clarity and fortitude.

Millennials will soon make up the majority of the UK's workforce and they are a generation that highly values work-life balance. A recent study carried out by Fidelity Investments found that 58% of millennials ranked the quality of their work environment over financial benefits. Rather than the common approach of offering a broad and unenticing wellness program that includes countless subpar services for employees, workplace yoga and meditation classes offer employees an activity that is engaging and effective.



THE SCIENCE BEHIND THE HEALTH BENEFITS OF YOGA

Leading psychologists and neuroscientists have begun to recognise the powerful effects of practicing yoga. According to Dr. Mithu Storoni, a University of Cambridge-trained doctor and neuroscientist, practicing yoga turns off our stress response, whilst triggering our relaxation response, thus allowing us to see the stress stimuli for what it is without becoming compulsive or overly emotional.

Yoga and meditation also help to increase the levels of chemicals such as serotonin and dopamine that create a sense of wellbeing. Little do many people know, yoga and meditation produce the same 'feel good' chemicals as prescription drugs except this way is more healthy, natural and less expensive.

REDUCED PHYSICAL INJURIES

PricewaterhouseCoopers (PwC) research found that companies investing in employee wellbeing have **50% less accidents** and injuries. Humans were not designed to spend long hours sitting at a desk with shoulders and necks slumping forward, spines becoming hunched and the core weakening. Short term issues can be back and neck pain and long-term heart disease, diabetes, strokes, high blood pressure and premature mortality.



REDUCED ABSENTEEISM

A recent study conducted by PwC produced 'a wealth of evidence' indicating a positive correlation between wellness activities in the workplace and improved business key performance indicators. Companies that invested into employee wellbeing had **40% less absenteeism**. According to the UK Department of Mental Health, depression and anxiety account for almost 70 million days off sick per year and cost an average of £1K per employee annually.

BOOSTED PRODUCTIVITY

PwC's research showed that companies in their study with the highest wellbeing scores had a **45% lower cost of productivity** compared with those that had the lowest wellbeing scores. Offering office yoga and meditation classes provides employees with the opportunity to clear their minds, reduce stress and remain focused for longer periods of time.

IMPROVED MORALE

Stress is the number one reason for absence in the UK, costing the economy £4 billion a year. A survey produced by MetLife UK, demonstrated that almost 1/3 of employees are considering leaving their current role if stress levels in their organisation do not improve. Additionally, PwC's research found that companies that invest in employee wellbeing have **25% less staff turnover**. Unmanaged workplace stress can result in workplace conflict, reduced performance, customer complaints and staff replacement costs. Office yoga and meditation classes bring co-workers together to bond in a meaningful and dynamic manner improving collaboration and performance and sparking innovation.





Yogi2Me supports companies to provide wellness in the workplace to improve employee satisfaction and productivity. Whether it be a one-off class or weekly scheduled classes we manage the whole process for you leaving you with happy employees.



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