

5 Ways Yoga Improves Work Productivity

Happy, healthy employees are more focused and productive, which should come as no surprise. But it's taken the corporate world a long time to figure this out. Research shows that the average company spends approximately \$14,000 annually for each employee on medically-related productivity costs. However, companies who offer yoga and other wellness programs to employees reduce this rate drastically, lowering their health insurance premiums and improving their profitability. Yoga provides many benefits to employees, all of which add up to more focused and productive workers.

Alleviates Physical Ailments

Who can focus on work tasks when they are constantly thinking about and dealing with chronic aches, pains, and stiffness? Yoga relieves the symptoms of common to those who sit at a desk all day, including carpal tunnel, shoulder stiffness, neck strain and daily headaches. Eliminating these body stressors frees up the mind so employees can concentrate on their job duties.

Increases Energy/Reduces Fatigue

Sitting for hours on end creates stress in the body by slowing blood circulation, among other things. In fact, one study demonstrated that sitting for five or more hours a day not only greatly reduces productivity, but negatively impacts the health of the individual to the tune of smoking a pack of cigarettes. This has clear implications for employers—both short-term as well as long-term. Companies who offer employees yoga classes on site can make a huge difference in the lives of their employees, while at the same time, profiting from it.

Relieves Stress

Mental and emotional stress from a job affects employees daily; this stress builds up and causes chronic health issues that employers end up paying for via health insurance premiums. Companies may not be able to provide less stressful jobs, depending on their industry, but they can

provide yoga classes that elevate stress so that it doesn't build up, leading employees to need to take more time off due to illness and injury. Consider one statistic: It's estimated that 90% of all doctors' visits are stress related. That says it all.

Improves Concentration & Focus

Spending hours each day fighting fires and deadlines is enough to make even the most peaceful person feel scattered and overwhelmed. By implementing yoga meditations and breathing exercises, employees can more readily enjoy an uncluttered mind, which leads to better decision making, fewer basic mistakes, and more creative thinking.

Increases Positivity/Morale

We are all more friendly and helpful when we feel physically, emotionally and mentally healthy. This holds true in the workplace as well. Employees work together more congenially and energetically when they feel balanced and supported through wellness programs that include yoga. This high morale impacts employee interactions with one another, but also with clients.