

CORPORATE YOGA & MEDITATION PROGRAM

Bring yoga and mindfulness to your workplace and encourage your employees to live more balanced lives at work and home. Every one of us is bombarded by daily stressors from both family and the work place. In today's fast paced world it is nearly impossible to eat fresh food, manage family life tasks, and maintain a calm, collected and productive head in the workplace. This is where yoga and mindfulness practices come in. Employers and employees are both seeing dramatic results when these wellness tools are utilized. Corporate yoga programs are specifically tailored to your organization and are being embraced by many progressive businesses and community organizations.

- Studies show that yoga helps to reduce stress-levels and promotes creativity. This is a great way to revive your staff and makes a great community building experience.
- All classes are customized to meet the needs of your employees. Classes range from no sweat gentle to active or meditation. Together we will choose the type(s) of practice most appropriate for your staff to reduce stress and increase relaxation.
- Together, we can create a program that has the potential to powerfully impact overall culture, performance and company costs.

BENEFITS OF CORPORATE YOGA & MINDFULNESS

Companies see:

- Reduced medical and disability costs
- Heightened employee productivity
- Increased employee morale & loyalty
- Reduced turnover
- Positive company culture
- Reduced absenteeism
- A competitive edge in hiring
- Increase efficiency, productivity & creativity

Employees see:

- Reduced stress from modern-day business challenges
- Increased energy levels
- Improved body image
- Greater happiness and a more positive attitude
- Increased concentration & focus under deadline
- Improved morale
- Decreased anxiety and tension
- Reduced muscle tension, back & chronic pain

FINANCIAL BENEFITS OF WELLNESS

When we are healthy, we are better able to face challenges and give our best to whatever endeavor we undertake. Yoga and mindfulness classes on site offer a low cost and innovative solution for companies wanting to reduce health care expenses, relieve workplace stress and promote employee wellbeing. The performance of a corporation depends on the performance of its key assets, your employees, studies show that healthy employees are more productive and more cost effective.

- Recent research indicates that companies who offer yoga and wellness programs to their employees reduce their annual health insurance premiums, and thereby improve their bottom line.
- According to a recent study on worksite health programs, corporations realized \$3-\$6 savings for every \$1 invested in wellness programs.
- The same study showed more than a 25% average reduction in healthcare costs for well designed programs (American Journal of Health Promotion).

HOW IT WORKS

- Every session is customized for your workplace.
- Classes are 30 - 55 minutes and can take place early morning, during lunch or after work.
- Often classes held at the work place happen in a lunch room, empty office or a conference room.
- All materials are provided (yoga mats & other props)

PROGRAM OPTIONS

We offer a range of practices, from gentle and meditative to therapeutic or active. Together we will determine the most appropriate offerings for your staff.

- on-site classes, active or no sweat
- beginners workshops
- desk-side yoga
- stress-management
- headache and back-relief
- meditation and breathing
- custom lifestyle experiences
- executive retreats

RATES AND PAYMENT OPTIONS

Class Duration: 30-55 minutes, all can be modified to suit your needs.

- One-time Event: \$150
- 6-Week Programs Per Class:

1x weekly \$90.00 - \$125.00 or 2x weekly \$75.00 -\$100.00 per class for first 30 students, additional \$4.00 for each student thereafter.

- Company-sponsored: company pays 100%
- Co-pay: company and individual employees split the cost
- Employee-sponsored: employees pay for their classes

To improve attendance let your employees know what is available through a quarterly announcement or newsletter to all employees and by posting class styles and times in common areas.

*For more reading on why to consider yoga and mindfulness practices for your employees please see the attached articles.

https://www.huffingtonpost.com/2013/07/11/mindfulness-capitalism_n_3572952.html

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

<http://time.com/4624276/yoga-workplace-mindfulness/>

SARAH LINDGREN

sarah-lindgren.com · 630.272.4160

Sarah@Sarah-Lindgren.com · [facebook@Sarah.Lindgren2016](https://www.facebook.com/Sarah.Lindgren2016) · [instagram@108.Sarah](https://www.instagram.com/108.Sarah)

I provide a heart centered approach to mind-body wellness for adults and children of all ages and abilities. I strive to assist my students in self discovery, allowing for growth within their current capabilities and setting them up for success not only in their pursuit of yoga but in their daily lives.

EXPERIENCE

STUDIO INSTRUCTION AUGUST 2016 - CURRENT

SHINE (BATAVIA, IL) MOKSHA (CHICAGO, IL) USA ATHLETIC (AURORA, IL)

Currently I teach multiple classes each week not including special events. The practitioners I am working with range from beginners and those whom are contraindicated to those well established in asana with in pranayama and meditation. My teaching style is alignment based vinyasa. I believe it is necessary to move body and breath as a single unit once safety is established. I include in each asana practice an instructed intention and pranayama. I also often include guided meditations or chanting.

RETREAT MANAGEMENT MAY 2016 - CURRENT

STONEHOUSE FARM (EARLVILLE, IL) & COSTA DULCE (NICARAGUA)

I have experience in many aspects of operating retreats including but not limited to; retreat management of activities, transport organization, food preferences and cooking. I also have experience teaching dharma talks, workshops, asana and collaborative classes in retreat settings.

EDUCATION

CONTINUING EDUCATION & WORKSHOPS 2016 - CURRENT

YOGA ALLIANCE ACCREDITED

Karauna Yoga 100hr advanced training at Costa Dulce -San Juan Del Sur, Nicaragua

Adjustments Clinic at Nature Yoga – Chicago, IL

Healing Chakras online program Yoga International

Intro to Viniyoga W/ Gary Kraftsow

Intro to Purna Yoga w/ Aadil Palkhivala

200 HR YOGA ALLIANCE CERTIFIED YOGA TEACHER 2016

MOKSHA YOGA – CHICAGO, IL

I completed my training with more than 700hrs and was one of two students who completed the program within the 9 month outline. This training was focused on the classical roots of yoga including but not limited to; anatomy, asana, meditation, pranayama, historical studies and philosophy. The incorporation of these aspects allows me to provide a safe and authentic yogic experience. I also apprenticed with experienced teachers Kimberly Dunn and Wade Gotwals.

SKILLS

- Provide detailed alignment instruction
- Incorporation of pranayama & meditation
- Ability to modify for those present
- Hands on assists
- Sequencing workshops
- Experience in festival and retreat settings

SARAH LINDGREN BIO

I wish to live in a world where people communicate face to face, eat real food, and nurture themselves as well as those around them.

I began practicing yoga in 2006 while I was expecting my first daughter. I have found that a full practice guided by the 8 limbs of yoga provides me with a deeper understanding of myself and connectivity to those around me. I practice and teach because yoga gives you permission to be yourself, uncovered, dirty and honest and we all need to know that it is okay to just be as we are.

As a Yoga Teacher and JuicePlus representative I've been teaching yoga since summer of 2015, gaining 200hr certification in 2016 from Moksha Yoga in Chicago. I enjoy developing creative sequences and relatable workshops, helping to make the world of yoga more accessible to my students. I also have a deep passion to help people develop awareness about the food they put in their mouths, making sense of the science of nutrition since 2011.

When I'm not meditating, or attempting arm balances and inversions, you can find me gardening with my family and whipping up vegan sweets.

Join me in cultivating a more compassionate, judgeless, and honest community through the practice of yoga.

www.Sarah-Lindgren.com and www.Sarah-Lindgren.JuicePlus.com

