



Yoga and Meditation for the Workplace

Institute of Inner-sciences



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The Modern Predicament



Never before has humanity
been as materially comfortable
as we are now.



At the same time, never
before has humanity been
as mentally stressed as we
are today.

Our Lifestyle



Our stressful lifestyles are the cause of many health problems!

Increased Psychological Distress

- ❖ An estimated 26 percent of American adults suffer from a mental disorder (about 60 million people).
- ❖ Last year over 30,000 people committed suicide in the United States.



Increased Chronic Disease

- ❖ About one in two American adults has at least one chronic illness (about 133 million people).
- ❖ Increasing numbers of chronic illnesses account for 70% of all deaths in the United States.

Heavy Pharmaceutical Consumption

- ❖ North America, Japan and Europe account for 88% of global pharmaceutical consumption.

Impact on Business



When employees are stressed and unhealthy, the impact on business is immense:

- ❖ Health insurance costs steadily increase
- ❖ Productivity declines
- ❖ Poor employee attitudes impact teamwork and employee satisfaction



Absenteeism, lower productivity, employee turnover and accidents cost American industry anywhere from \$200 billion to \$300 billion per year.

Urgent Need to Enhance Human Well-Being

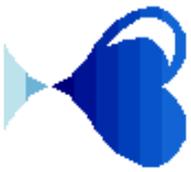


Yoga and Meditation are established wellness solutions

The Impact of Yoga



Medical studies have shown that yoga and meditation can:



- ✓ Reduce anger and depression
- ✓ Ease anxiety and eliminate stress - *naturally*



- ✓ Enhance focus, attention, concentration & comprehension
- ✓ Cultivate psychological and physiological balance



- ✓ Promote a more relaxed, comfortable state of being
- ✓ Enhance flexibility, strength, & physical well-being

Isha – Technologies for Well-Being

Isha offers Yoga and Meditation Sessions:

- *Meditation for Beginners*
- *Yoga for Beginners*

Studies show how Isha’s technologies benefit one’s health and well-being

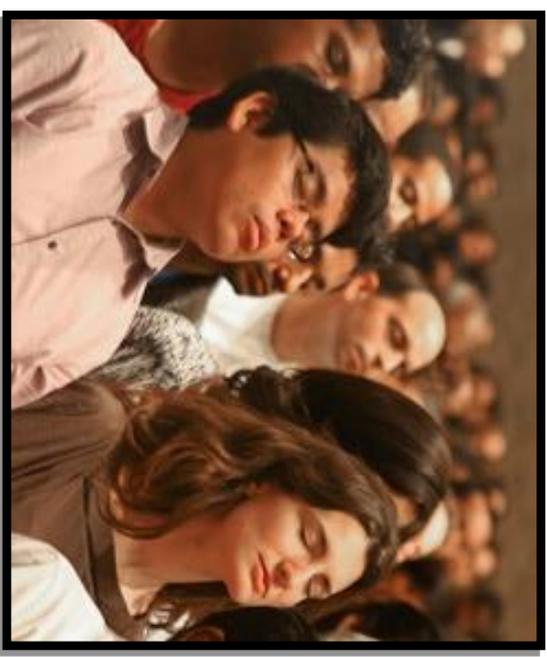


Meditation for Beginners



This workshop is specially designed to introduce participants to meditation.

- ❖ Learn Isha Kriya, a simple and powerful meditation which you can do at any time, anywhere.
- ❖ Benefits of Isha Kriya include:
 - Increased energy and health
 - Enhanced mental clarity
 - Heightened focus and memory
 - A deep sense of peacefulness and joy
- ❖ Upon completion, participants will have a **12-minute** meditation to practice daily to empower themselves to experience the benefits of meditation.



No prior experience of yoga or meditation is required & the meditation is learned sitting comfortably in a chair.

Yoga for Beginners – Program Overview



- ❖ Workshop offers simple yoga postures to bring stability and balance to the system.

- ❖ Upon completion, all participants will have a yoga practice to take home to experience the benefits of yoga.



Yoga for Beginners – The Opportunity



- ❖ Isha offers *Yoga for Beginners* workshops for employees.
- ❖ Isha offers training for those employees interested in presenting yoga sessions.
- ❖ No prior experience of yoga is required.

Yoga for Beginners - Content



Yoga For Beginners content includes:

- ❖ Introduction to yoga and its benefits
- ❖ Guided practices with instructions
- ❖ Q&A



Click [here](#) to view the Upa Yoga practices imparted in Yoga For Beginners

Benefits of Yoga for Beginners



“The first and foremost thing we need to work at is to make a human being peaceful and joyful. This will invariably happen if you do the right kind of yoga.”

- Sadhguru



Benefits of Yoga For Beginners:

- ✓ Can relieve stress, anxiety and tension
- ✓ Strengthens the spine and activates lumbar region of the spine
- ✓ Body will feel more rested, alert and focused

Customizing programs for your needs



- ❖ Yoga and meditation sessions can be 60 or 90 minutes long

- ❖ **Customizable session formats:**

- Lunch and learn sessions
- 1-2 hour seminars
- 1 hour online webinars



Based on your needs, we will tailor a program that will fit your employees schedules and customize it to suit your office set-up.

Isha - Enhancing Wellbeing for over 30 years



Isha Foundation, established over 30 years ago, is an international non-profit organization promoting health and well-being through yoga and meditation.



Isha programs have touched the lives of over 7 million people worldwide.



Isha's unique approach has gained worldwide recognition and reflects in Isha Foundation's special consultative status with the Economic and Social Council of the United Nations.



Sadhguru Vasudev



Sadhguru, founder of Isha Foundation, is a contemporary yogi rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom.

Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership, and well-being.

Sadhguru has served as a delegate to the United Nations

Millennium Peace Summit and the World Peace Congress. His public talks frequently draw crowds of over 100,000 people.

Speaking Engagements

- ❖ World Economic Forum, Davos
- ❖ Australian Leadership Retreat
- ❖ Tallberg Forum
- ❖ World Presidents' Organization
- ❖ TED
- ❖ Tuck School of Business
- ❖ British House of Lords

Media Interviews

- ❖ Forbes
- ❖ The New York Times
- ❖ BBC
- ❖ Bloomberg
- ❖ CNNI
- ❖ CNBC

Recent Awards

- ❖ Indira Gandhi Award, India's highest award for environmental work in recognition of Project GreenHands
- ❖ Sport for the Environment Award by Beyond Sport in Chicago for Project GreenHands

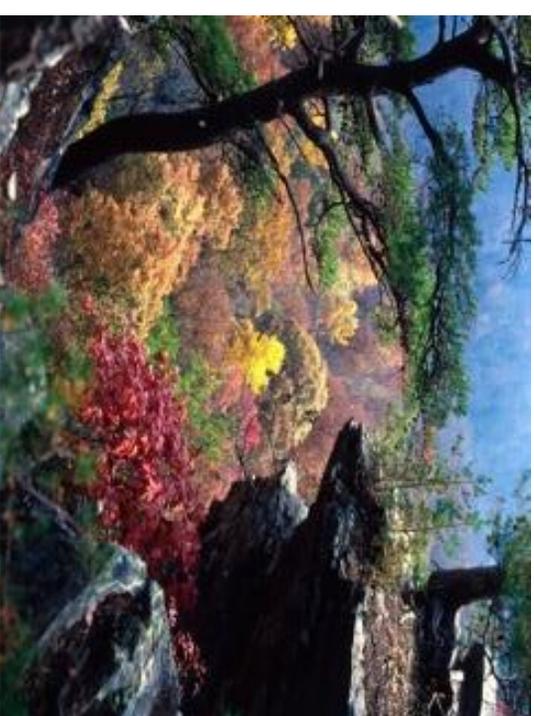
Isha Institute of Inner-sciences



Located on 1200 acres in Tennessee's spectacular Cumberland Plateau, ***Isha Institute of Inner-sciences*** has been established as an infrastructure for raising human consciousness and fostering global harmony through individual transformation.

An essential resource for those wishing to explore the ancient science of yoga in all its depth and dimensions. The campus hosts a 39,000 square-foot monolithic dome, the largest meditation hall in the western hemisphere.

The Institute offers a variety of programs from beginner to advanced. It is a unique space created for human beings to deepen their experience of life and to reach their ultimate potential.



Isha Social Outreach Projects



Isha has implemented several large-scale human service projects for rural upliftment, education reform, environmental stewardship, and holistic and healthy living.

- ❖ **Isha Care Clinic** (www.ishacare.org) – Providing free primary and preventive care to uninsured, low income residents in areas of rural Tennessee.
- ❖ **Project GreenHands** (www.projectgreenhands.org) – A massive public reforestation effort in India aiming to plant 114 million trees as fast as possible. 856,587 trees were planted by 256,289 people on a single day in 2006, achieving a Guinness World Book of Records.
- ❖ **Action for Rural Rejuvenation** (www.ruralrejuvenation.org) – A rural revitalization program offering medical care, community rehabilitation and human upliftment to more than 2,500 South Indian villages.
- ❖ **Isha Vidhya** (www.ishavidhya.org) – A pioneering English language, computer-oriented education initiative in rural Southern India.



Our Partners



Many businesses and universities have hosted Isha presentations and workshops.

Google	Oracle	JP Morgan Chase
Cisco	Starbucks	Bank of America
Microsoft	Hewlett Packard	Pfizer
IBM	Raytheon	Henry Ford Hospital
Time Warner	GM	McGraw Hill
FedEx	Ford	Tuck School of Business
Accenture	Chrysler	Stanford University



Wharton School
Northwestern University
University of Michigan
Vanderbilt University

Participants Speak Out



The results I have been achieving from the Isha practice have been nothing less than phenomenal. Incredibly, my severe allergies and acid reflux I suffered since childhood completely vanished, my cholesterol dropped 35 points, and my blood pressure significantly reduced. From August 2009 to March 2010, I lost 45 pounds, stopped using caffeine, artificial sweetener, and alcohol.

– Michael Gremley, CEO Voice Prism



It was a turning point in my life in some important ways. I began to become much more conscious about who I am as a person – how I interact with other people, most importantly with people in the workplace where one spends most of the the day.

– Ravi Venkatesan, Former Chairman, Microsoft India



Even though I was only 31, my health had completely crashed to the point I thought my life and career were in jeopardy. Within a week of doing these practices, I was completely renewed on every level and haven't had a health issue since. – Christian Rado, Auto Racing Champion and Record Holder

Thank You

**Please speak with an Isha Representative for
more information about customizing a
program to fit your needs.**

***“You can create the right kind of inner chemistry not only to be
healthy, but to be peaceful and joyful by your own nature.”***

– Sadhguru

