

Could Yoga increase office productivity? Can Yoga teachers help the corporate sector? What can Office Yoga programs do for large and small businesses? Let's look at solutions that Yoga can offer to the business world.

The number of office workers has increased, with the invention of the personal computer. Working excessive hours in front of a personal computer can create a multitude of back, neck, shoulder, spine, hip, and wrist problems. Muscle groups, in all of these areas, respond with tension and a variety of long-term problems - if they are ignored by office workers and management.

Forty years ago, secretaries would have been patronized for their migraines, cluster headaches, back pain, hip problems, and sore necks. Now, times are changing, and there has been much progress with ergonomics and studies which reveal new insights about the relationship of prolonged sitting to specific health problems.

A recent study, by The Medical Research Institute, in New Zealand, has revealed that office workers may be at a higher risk of developing blood clots. As most of us know, these studies are worded very tactfully, and do not jump to conclusions; however, anyone who understands body mechanics would realize that this makes perfect sense.

With that said, let's remember that blood clots can be potentially fatal as they travel to the heart and vital organs. Blood clots can, and do, cause stroke, chest pain, and heart attack.

With larger numbers of office workers putting in extra hours of work, some "forward thinking" companies have begun to respond with office Yoga programs for their employees. Even short Office Yoga sessions can release muscle tension and alleviate the routine pains and aches, which result from prolonged sitting.

Therefore, companies, which take pro-active measures, by installing Office Yoga programs, are taking positive action toward health solutions for employees - thus, increasing productivity, while decreasing sick time, tardiness, and medical leave.

Office Yoga creates an atmosphere of decreased anxiety, less stress, positive thinking, and raises morale. Nothing is more rewarding than feeling worthy and being treated with respect. Any small company can take such action by installing an Office Yoga program.

Some companies pay a percentage for a Yoga teacher to operate an Office Yoga class, while employees pay the balance. Other companies see this as a "win-win" situation and pay for the Yoga classes in full. Regardless of how an Office Yoga program is paid for, the benefits for the corporate sector are just starting to be realized.

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