

# BEYOND BRILLIANT YOGA

## Stress Relief at Work

USE THE TIME-HONORED TOOLS OF YOGA TO COPE WITH DEADLINES, PROJECTS, MEETINGS, CONFERENCE CALLS, AND EMAILS!

Beyond Brilliant Yoga/Stress Relief at Work encourages self-care for employees through practices that include movement, breath and mindfulness to improve strength, flexibility and attention.

Calm employees are more confident and creative both as individuals and in teams.



### WHAT YOU CAN EXPECT:

- \* Step-by- step guidance with an attentive, experienced teacher
- \* Simple movement adapted and modified for the individual and space
- \* Practices to promote breath awareness and relaxation
- \* Classes that fit your needs: 30, 45, or 60 minute sessions

### POTENTIAL RESULTS:

- \* Improved concentration and decision-making skills
- \* Ability to stay calm in demanding situations
- \* Increased energy and productivity
- \* Relief from head, neck, wrist and back strain related to desk work
- \* Enhanced emotional self-regulation and behavior

### ADDITIONAL BENEFITS:

- \* No travel time – easy for employees to join in
- \* Minimal investment in materials
- \* Team building and fun!

JENNIFER BRILLIANT  
**YOGA**  
AND PERSONAL TRAINING