

Employees in pain?

Show them you've got their back.

Problem - Back Pain:

An estimated 80 billion dollars a year is spent treating back pain. 8 of 10 people will have problems with back pain at some point in their lives.



Solution -Twist:

Frees up muscles in the back and just below the shoulders, promotes digestion and massages internal organs.

Relieve pain without leaving the office with Lakeside Yoga and Fitness

Our programs contain scientific disciplines of removing or eradicating stress and tension at its source. All tension, both physical and mental, is stored somewhere in the body and true stress reduction is a matter of discovering how to release that tension on both levels.

Our programs directly address tension in both the body and the mind. Our classes remove stress from both sources since tension in one area has a direct effect on the other.

The classes offer simple, safe, and practical techniques that quickly reduce tension and stress at any time and place, especially in the office. Our classes provide you with the following:

- Ways to identify stress signals and indicators
- Posture improvement for tension management
- Strength building for greater resistance to stress
- Techniques for the workplace designed to alleviate tension before it builds into stress
- Safe exercises (designed over 2,500 years ago) that bring more energy to the body
- Breathing techniques that support healthy "Mood Management"

Lakeside Yoga
AND FITNESS

info@LakesideYogaFitness.com 845.641.8775



"An estimated 150 million workdays are lost each year because of back pain, accounting for billions of dollars each year in lost wages and workers' compensation claims."

Spine; International Journal for the Study of the Spine

"The best part of yoga is that it doesn't end with class. What you learn through yoga readily transfers to other aspects of life."

Sandra Uytterhoeven
Columnist, HR Today

"Yoga in conjunction with meditation can indeed lower stress and improve work performance."

Stress Reduction Clinic at the
University of Mass. Medical Center

