

Eliminate "Oh my aching head" from your staff's vocabulary.

Problem - Headache:

Most headaches arise from muscle tension in the back of the neck caused by the forward head position, with rounded shoulders and curved upper back.



Solution - Bridge Pose:

Reverses hunched position of the chest, opens lungs, and brings flexibility to the spinal muscles.

No pain, no travel, no problem. Lakeside Yoga and Fitness brings you relief.

Our mission is to provide classes and workshops designed to increase employee productivity, mental and physical health, and well being for optimal workforce performance. Yoga and fitness classes have a direct and long-term impact on the causes of stress.

While most stress management workshops just talk about how to deal with stress, our programs get results. Your employees will learn and experience proven techniques that have immediate and lasting effects.

You may be surprised at how many large corporations have used yoga or fitness at work. Here is a list of just a few of them:

- New York Police Dept.
- Microsoft
- Nike
- Intel
- NYNEX
- Apple
- GE
- The White House
- Qualcomm
- IBM
- HBO
- Nexcomm
- AT&T
- Forbes
- Pepsico
- Chase Manhattan
- US Marines
- Bristol-Myers

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According to the National Headache Foundation, as many as 28 million Americans suffer from migraine headaches each year. This painful affliction is one of the leading causes of absenteeism from work, resulting in an estimated 157 million lost workdays a year.

"The deep breathing and relaxation employees get from yoga help them to be more focused. When they go back to work, they're in a position to make better decisions."

Bill Doyle, HBO Employee Health and Fitness Director

