



**Peace Tree Yoga is a studio and sanctuary dedicated to providing yoga instruction for individual needs and overall wellbeing, while growing a conscious community that contributes to our global health.**

Our creative approach and continually expanding services incorporate the benefits of a large yoga studio with the flexibility, cost advantage and welcoming atmosphere of a small studio.

Peace Tree Yoga offers a variety of programming including, but not limited to daily classes, monthly workshops, special events, corporate yoga programs, yoga therapy, specialty classes, retreats, and yoga teacher trainings. We want to ensure yoga is accessible to every BODY and therefore our offerings are diverse and embedded with ancient wisdom from the 8 limbs of yoga.

### Testimonials

*"Yoga has provided me with a renewed mental and physical regimen. Over and above the physical enhancements of core stability, balance, flexibility, and strength, Yoga has revitalized us with a renewed job focus. I am now taking Yoga lessons three times a week in addition to my other weekly workouts. I have never felt better."*

**Greg L. - Jockey Corporation, WI**

*"About a year and a half ago I began practicing yoga with Donna. I had a few pounds to lose and needed a way to relax after a stressful work day. After getting into yoga and all of the benefits I was more comfortable practicing both in class and at home. It has taught me a healthier way of living. I found myself caring more about my body and what I was eating. Since practicing I have lost over 15 pounds and I have a much better outlook on life."*

**Shanna J. - Lakewood School District, WI**



# Peace Tree Yoga WORKPLACE WELLBEING Programs



PEACE TREE YOGA | 125 E. STATE STREET | BURLINGTON, WI 53105  
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# How to Get Started

Now is the time to create a shift in your organization, founded on engaged employees and forward thinking leaders who make healthy, conscious choices and inspire creativity and well being.

- 1 Choose your program from the menu below
- 2 Select your program length
- 3 Call Peace Tree Yoga at 262-758-0658 to speak with a program consultant. We will help you get clarity on your vision to create optimal results. We will work closely with you to achieve the desired outcome.

## MENU OF PROGRAMS

### Yoga Class | Mat or Chair Based

Mat or Chair based yoga instruction for all abilities. Choose Gentle, Mixed Level or Active Mat-Based Yoga or Gentle Chair Yoga. Anyone who can breathe can do yoga.

### Mindfulness Meditation

Founded on the principles of the Mindfulness Based Stress Reduction Program. Employees will enjoy this user-friendly and universal approach to living a life of presence.

### De-Stress at Your Desk

Enjoy simple stretches that are the antidote to sitting and counteract the effects of life in the office. We will bring balance into the body focusing on neck, shoulders, back and hips.

### iRest Practice | Yoga Nidra

Also known as Yogic Sleep, iRest is a practice in which the practitioner hovers in the alpha brain-waves state (between wakefulness and sleep) through a gently guided rotation of consciousness. Yogic sleep is the deepest form of relaxation. It is said the one hour of iRest is equivalent to 4 hours of our regular sleep.

### Yoga Therapy | One-on-One

A one-on-one session designed to address the individual employee and their personal needs. Recommendations will be given to restore balance to identified imbalances in the body. A health intake, interview, and physical assessment will be the basis of this session.

### Chair Massage

Chair massage is a style of seated massage that is condensed to approximately 15-30 minutes. This body therapy focuses on relieving tension in the back, shoulders, neck and arms. Chair massage is done over clothes and does not require massage oil.



## SPECIFY PROGRAM LENGTH

30 min	.....	\$75
60 min	.....	\$125
90 min	.....	\$180
Half Day	.....	\$350

### HOW IT WORKS

Peace Tree Yoga will provide a professional and experienced, Yoga Alliance 200hr-500hr RYT (registered yoga teacher), and/or a state licensed massage therapist.

Yoga mats, props and music are provided so there is no investment on your part. Your company will need to provide a quiet space with as little distraction as possible. A conference/meeting room is often a good location as long as the tables and chairs can be moved aside for class.



# Benefits of Health and Wellness at Work

**Lower Health-Care Costs** For many businesses, one of the main motivations to implement staff wellness programs is financial. If you provide health care for your employees, a healthier workforce will save you money.

**Fewer Employee Sick Days** Healthier employees are also less likely to take time off for illness, thus putting less strain on other workers and helping ensure projects are completed in a timely manner.

**Reduction in Employee Stress** A stressed workforce is less likely to be productive, and a healthy workforce is less likely to be stressed.

**Recruitment and Retention** Putting a wellness program in place shows that you care about your worker's health and well being. This move will increase your opportunities for attracting high-quality job candidates, as well as improving employee retention for existing workers.

## HOW TO ENCOURAGE HEALTH AND WELLNESS

**Identify your Goals** Do you want to encourage weight loss? Manage stress? Lower blood pressure? Or all of the above? Pinpoint your goals early on so you know what initiatives to focus on.

**Provide Healthy Foods** If you have a cafeteria or snack table, make sure it's stocked with healthy choices instead of junk food. For employer-sponsored outings and parties, choose restaurants that are known for their well-balanced meals. Keep vending machines full of granola and energy bars, water and tea rather than their high-calorie equivalents.



**Offer an Exercise Program** One way to do this is to provide an employee yoga class to improve overall physical and mental health. Physical benefits include an increase in range of motion and flexibility, injury prevention, improved balance and noticeable strength gain. Mentally, a yoga practice decreases tension and anxiety, improves clarity through movement and breathing optimally. It adds a renewed sense of purpose by eliminating fatigue and reduces depression.

**Create a Contest** The success of this approach depends on the particular workplace environment. Some employees may respond well to a competition to see who can shed the most pounds in a given week or log the most steps on a pedometer, but others may find it embarrassing or offensive. If you do create a contest, make sure the awards are healthy too, such as a gift certificate to a spa or vegetarian restaurant.

**Bring in the Experts** Sponsor a workshop on healthy eating and invite a dietician to give a presentation. Or how about inviting a personal trainer visit and provide tips on burning calories around the office? Some employers organize a health day with a variety of activities and products to sample.

**Offer a Health-Risk Assessment** Some employees may not even be aware of their own health status. A health-risk assessment provided by a company that specializes in workplace wellness can identify potential risks and suggest ways to boost health.

