



# YOGA

## onsite

Take a proactive step  
to a healthy, energized  
work environment.

Offer yoga sessions in  
your business.

[hello@luckymeyoga.com](mailto:hello@luckymeyoga.com) 617.902.0465 [luckymeyoga.com](http://luckymeyoga.com)

## The YOGA onsite philosophy:

### the challenge

Today's professions often require work for long periods in a sedentary position, in high stress, or performing repetitive tasks—resulting in a variety of health problems, sick time, and decreased motivation and productivity.

### the solution

Offering yoga classes onsite is a cost-effective way for employers to reduce health-related absenteeism and increase productivity and job satisfaction. Yoga classes offer simple, safe, and practical techniques that reduce muscle tension and stress, revitalize the immune system, and increase overall well-being and performance.

### the benefits

- Increased strength and flexibility
- Enhanced energy and improved efficiency
- Increased resilience and stress management
- Decreased anxiety, muscle tension and pain
- Improved posture for prevention of pain
- Greater mental clarity and confidence

### clinically proven results

There is conclusive evidence that offering even one yoga session a week brings noted changes in employee behavior by helping them manage stress better, enhance clarity and creative thinking, improve communication skills, cultivate leadership and teamwork, and increase overall effectiveness in the workplace.

### the program

The YOGA onsite program is designed for all fitness and experience levels, beginners through advanced. In a typical yoga session, the students will be guided in active movement, breath awareness, mindfulness meditation, and relaxation. Classes are usually 45 or 60-minutes, and are generally scheduled before/after work or during lunch hours, in six to eight week sessions.

Yoga can be easily practiced just about anywhere such as a conference room or other empty space, and the only equipment required for a session of yoga is exercise mats. YOGA onsite is highly adaptable and the program is tailored to suit the needs of each organization.

PLEASE CONTACT US FOR RATES AND MORE INFORMATION:

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Research indicates that companies who offer yoga and wellness programs to their employees reduce their annual health insurance premiums, and thereby improve their bottom line.

In a recent study on worksite health programs, employers realized \$3-\$6 in savings for every \$1 invested in wellness programs. The same study showed more than a 25% average reduction in health-care costs for well-designed programs.


—American Journal of Health Promotion

### about the instructor

Lucie Kasova, E-RYT, Certified Kripalu Yoga Teacher, is known for bringing warmth, passion and a sense of inquiry to her teaching. Her teaching style offers clear instruction, with an emphasis on bringing awareness to the physical sensations, emotions and thoughts that arise throughout the practice. Her knowledge of alignment principles helps her to guide students safely and affords them maximum benefit from the practice.

Lucie has been a dedicated practitioner of yoga and meditation for more than a decade. She has studied extensively at the Kripalu Center for Yoga and Health, and is currently pursuing Advanced Certification in the Pranakriya Yoga School.

In addition to YOGA onsite, Lucie offers workshops and is available for private yoga instruction.



“Lucie is a gifted teacher in so many ways. She masterfully guides you on a journey of self-discovery and gently helps you push past your limiting beliefs.”

“You’re getting a gem when you bring Lucie into your orbit.”