



YOGA IN THE WORKPLACE

WITH MONICA STONE

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Namaste Friend!

Let me guess. Are you reading this at work?

Will you do me a favor? Please set your phone aside, close your email, turn off your notifications, and give me your full attention. This should just take you about 7 minutes, and I don't want you to miss any of the important details.

I worked my corporate job for ten years before I became a full time yoga teacher. I was always busy, stressed out, and my to do list kept getting longer. No amount of multitasking or overtime made it easier. I couldn't enjoy my vacations because I knew I had so much to come back to. I couldn't sleep because of my overactive mind, and would dread waking up in the morning to start the work day.

I was feeling more stress and anxiety than I knew what to do with, and the only thing that helped me get through it was my yoga and meditation practice. When I could feel the anxiety in my chest, I knew how to stop and breathe to create peace and calm. If there was a difficult situation, yoga helped me gain the clarity to make more informed decisions. My practice also helped with daily discipline, making healthier choices, and an overall sense happiness.

Since I left the cubicle, it's been my dream to bring yoga to the workplace to calm the hustle and bustle, improve the work environment for business leaders and teams, and to make people excited to show up every day doing what they love.

After I left my job, I immersed myself in reading business books like, How to Win Friends and Influence people, Delivering Happiness, and The Seven Habits of Highly Effective People. I also studied and consumed advice from really successful entrepreneurs like Michael Hyatt, Marie Forleo, Tim Ferriss, Tony Robbins, and Amy Porterfield.

Here are a few interesting facts I learned about the workplace:

Did you know that Multitasking actually makes people unproductive? Context switching from one thing to the next makes you feel busy, but all of the back and forth slows down brain function, and you get less done than if you just focused on one thing at a time.

Most people focus on improving their weaknesses, but they really should be using their talents and strengths daily at their job. Think about how great your team would perform if they were using their talents, and doing what they're best at all of the time.

Studies show that most people can complete their work within 2 hours, but with a required 8 hour work day, we create extra busy work. This is where people get caught up on the unimportant details vs. what matters most, and causes a bottleneck on forward movement.

Do I have your attention now?

Thought so!

Keep reading, so I can explain how I can help improve your company and team by adding yoga to your environment.

How YOGA Will Help You & Your Team:

- Reduce stress, tension, and fatigue
- Improved concentration, memory and mental focus.
- More clarity for better problem solving and decision making.
- Improved relationships within the workplace.
- Learn to handle demanding situations with calmness and ease.
- Employees that are happy and full of energy & vitality, and as a result, more productive.
- Calm the nervous system.
- Cultivate the ability to relax and recharge.
- Relief of head, neck and back strain, carpal tunnel syndrome, insomnia, high blood pressure.
- Enhanced employee attitude and outlook.
- Better sleep to help insomnia or overactive mind, which also helps with productivity.
- Greater self-awareness and well-being.

This Is For You If:

- You want to retain and engage your employees.
- Show that you care about your employees health, which will make them excited to show up every day.
- Improve your reputation in the community.
- Improve the health of employees, which will lead to less sick days.
- Increase efficiency, productivity, and relationships in the workplace.
- Create a sense of well-being in the workplace, which reduces employee turnover.



Meet Monica



With a background in gymnastics, it was no surprise that Monica was drawn to dynamic movements and energy that yoga offered.

She was not only satisfied by the intensity of the physical practice, but also found that it also afforded a deeper experience of self-awareness and discovery.

She knew that she wanted to become a teacher so that she could share the gift of this practice with others.

She helps successful but overwhelmed business leaders find clarity and balance through yoga, so that they can regain control of their life, and focus on what matters most.

She is a true believer that the practice is your teacher, and that progress in yoga happens when you integrate the tools of yoga off the mat into your daily life. Since we live in a high-stress-fast-paced-society, she educates her students on the effectiveness of a daily practice, even if it's just five minutes a day.

Among many other gifts, Monica feels that yoga helps to look at pain, fear, and doubt as an opportunity for growth. In yoga we breathe through difficult postures, and do the same in life. We are confronted with the same postures every day, and have no choice but to find self-acceptance and truth and work through the challenges.

Monica is a yoga alliance certified yoga teacher, has studied Buddhist & Vipassana meditation, has a background in gymnastics, and continues to study with senior yoga teachers to deepen her practice.

She is dedicated to the practice and lineage of Ashtanga Yoga, and practices yoga and meditation six days a week.

Strengths: Futuristic, Empathy, Connectedness, Self-Assurance, Positivity

Example of a Class at Your Workplace:

ONE HOUR AND FIFTEEN MINUTES

5 Minutes: Each class starts off with steadying the mind and breath. The students sit in meditation position, and we work on intention and focusing on the present moment by letting go of all thoughts and stressors by using breathing techniques.



10 Minutes: After the beginning meditation, we move into Sun Salutations to warm the body. Sun Salutations are a flow of movement that builds strength and flexibility, creates mental focus, and energizes the body.

15 Minutes: After Sun Salutations we move into the standing postures. These postures are focused on building a strong foundation in the mind and body. We focus on strength, balance, and control. Some people are extremely flexible, but don't have control of their body. Without a strong foundation, this can cause stress on the body and possibly injury.

20 Minutes: After the standing postures, we move into a seated sequence. This sequence is called Yoga Chikitsa, which translates to yoga therapy. This is a set series of postures that is designed to open the body gradually. This is where we focus deeper on specific areas such as the shoulders, hamstrings, neck, and back.

15 Minutes: Backbends / Inversions. The closing postures start with backbends. Backbends open and increase flexibility in the spine, which keeps the nervous system healthy and strong. Inversions follow, and are considered the cool down to the yoga practice. These are simple postures where we bring the legs above the heart. By practicing these postures, you'll improve circulation, bring more oxygen to the brain improving concentration, and memory.

10 Minutes: We'll spend five minutes bringing the practice down through a breathing exercise and a guided meditation. Then, the last five minutes in the final resting posture, where we let the body fully relax and absorb the awareness and energy created throughout the practice.

Note: I know that some people are on a time crunch, so I can cut my classes down to an hour, but I find that 75 minutes is the most effective if we can make time for it! For hour long classes, I just cut back a little on the seated sequence and Inversions.

What People Are Saying...



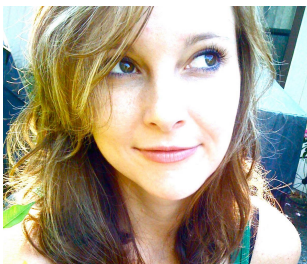
I've come across many a yoga instructor over the years, but Monica stands out as genuinely amiable, as she glows with an infectious inner light, and highly devoted to and passionate about her practice. Her dedication to Ashtanga as a lifestyle is very clear, and creates for a contagious motivating force. Every time I've practiced with her, she eagerly transmits her devotion and passion of Ashtanga and meditation to everyone in class; she makes the most fledgling beginner feel at home, and simultaneously challenges the more advanced students. While I only practice Ashtanga with her, I know she provides therapeutic yoga sessions as well as meditation. And, if her methods of guiding students out of

the Ashtanga vigor into the more meditative savasana are indicative of her meditational techniques, I'd recommend her to anyone"

-Sasha Tamar, Yoga student since 2013

Monica is a caring, wise, thoughtful, and talented yoga instructor. She has an in-depth knowledge of the philosophy and spirituality of Ashtanga yoga. My previous yoga experience had mostly just been at my local gym. Luckily, last year I found Monica. She has been guiding my practice at least once a week since then. As a newcomer to Ashtanga yoga, Monica made me feel comfortable and had the patience to teach me the basics. She also encouraged me to start an at home practice so that I was able to obtain a deeper understanding of Ashtanga. Monica is always encouraging and lets me know in subtle ways when she feels that I am ready to move deeper into my practice. I feel that the growth in my practice over the last year has been tremendous. Not only do I notice the change in me but others around me do as well. I am so grateful to have found Monica!

-Angela Orofino, Yoga Student since 2011



Monica has been a highly influential teacher to me. She creates a safe environment for learning and practice. I have always felt grounded in her classes, and she pushes me beyond my own expectations. She inspires and motivates! I can't imagine my life without sharing a path with her!

- Serena Jones, Yoga Student since 2011

Included In All Packages:

- **Unlimited amount of students in each class. No minimum or max.**
- Priority to email for questions about yoga practice.
- Inclusion into the Private Yoga Facebook Group
- 40 % discount on private lessons. Employees of the Yoga In The Workplace Program pay \$65 (Full price \$108).
- Relaxing music

Pricing & Packages:

** All payments must be paid and booked a month in advance by the employer. All classes include an unlimited amount of students.*

- 3 Class Per Week for one month (40% discount \$60 per class): \$720
 - Total of 12 classes per month
- 2 Classes per Week for one month (30% discount \$70 per class): \$560
 - Total of 8 classes per month
- One Class Per Week for one month (20% discount / \$80 per class): \$320
 - Total of 4 classes per month
- A La Carte / Single Class: \$100 for 75 minutes
- *Students would need to provide their own yoga mats or towels. No props are needed in my classes, but students can bring their own.*

Time Slots:

Classes range from an hour to an hour and fifteen minutes. I am available at any of the below start times.

- Morning - 7am, 8am, 9am, 10am
- Lunch - 11am, 12pm, 1pm, 2pm
- Evening - 5pm, 6pm, 7pm, 8pm

What is Yoga?



I'm glad you asked! Going back to the Yoga Sutras, Yoga is defined as "Yoga is the cessation of the fluctuations of the mind waves." You could also say, Yoga is the quieting of the mind chatter.

You know those crazy stories we make up in our head with no truth to back them up? These are stories that create stress, worry, or anxiety for no reason, but at the time seem very serious and real.

For example: Have you ever looked up a symptom on WebMD to find that it could range from anything from the common cold to a very rare disease that effects only 2 people every 10 years? Your mind goes to the worst case scenario, and then you end up getting worried about a million other things. *You go to the doctor, and it turns out that you just have seasonal allergies.*

The practice of yoga & meditation works with breath and movement to quiet the mind and make rational decisions. As your practice becomes a moving meditation, you'll become aware of your *monkey mind*, and learn to be less reactive, more calm, clear and peaceful in situations off the mat.

How to Prepare For Your Yoga Class:

- Wear comfortable clothing:
Pants or shorts: Comfortable, but close-fitting. Not too tight.
Top: A tank top or t-shirt works just fine.
- Use a yoga mat like a Manduka or Gaiam mat.
- It doesn't hurt to have a towel with you.
- Hydrate all day, or in the morning before your class.
- It's best to practice on an empty stomach, but try to not eat at least 2 hours beforehand.
- Don't look around or compare yourself to others.
- Turn off your cell phone. No texting during practice!
- Your body is different every day. Just accept where you are.
- If your mind wanders, focus on the breath.

What I Need From You:

Just a room big enough to accommodate your staff. Usually a board or conference room works.

More Praise



I have always wanted to try yoga, but was always nervous. Monica took that fear away and made me feel like i was the only one in class with a room full of strangers. She is able to work with multiple students during the same move and still make it a personalized class for one.

- Jacob Abercrombie, Yoga Student since 2010

Monica is dedicated to her own practice and the true path of yoga - the one of personal experience - which makes her an outstanding teacher. She is warm and easy to talk with, and she allows the student to have their own experience on the mat. She explains postures and breath in ways that are understandable so that the student "gets it." She makes yoga real and tangible in ways that truly serve the student. Work with Monica. You'll be glad you did.

- Jaime Shearer, Yoga Student since 2010





Thank you for taking the time to read this important information. I know your time is valuable, and it's not easy to cut off all distractions these days!

Please take your time to look over the materials, and I will follow up in a few days.

I am here to answer any questions you may have.

Please contact me, and I will get back to you in 24 hours:

<http://www.theyogimovement.com/yogaintheworkplace>

Or email: monica@monicadawnstone.com

With Gratitude,

Monica Stone

Resources:

YouTube:

Please visit and subscribe to my YouTube Channel.

<https://www.youtube.com/user/monicadstone/videos>

The Yogi Movement Blog:

Learn more about me & my teaching style on my blog:

<http://www.theyogimovement.com>

Need a yoga mat? Check out my favorite products here:

<http://www.theyogimovement.com/yoga-resources/>

Ready To Sign Up? You can do so here:

<http://www.theyogimovement.com/yogaintheworkplace>

Best Business Books:

[The 4 Hour Work Week](#) - Tim Ferriss

[How To Win Friends & Influence People](#) - Dale Carnegie

[7 Habits of Highly Effective People](#) - Stephen Covey

[The E Myth Revisited](#) - Michael Gerber

[Now, Discover Your Strengths](#) - Marcus Buckingham

[The Big Leap](#) - Gay Hendricks

[Rising Strong](#) - Brene Brown

[Double Double](#) - Cameron Herold

[SCRUM](#) - Jeff Sutherland

The School of Greatness - Lewis Howes

Get Started Now...

CHAIR CAT COW STRETCH



INHALE

EXHALE

WHAT DOES IT DO?

ॐ
IMPROVES POSTURE AND BALANCE

ॐ
STRENGTHENS AND STRETCHES THE
SPINE AND NECK

ॐ
REDUCES LOWER BACK PAIN

1.

Sit on a chair with your spine stretched and both feet flat on the floor

2.

Inhale: arch your back, look up, push your belly forward and shoulders backwards. This is cow position

3.

Exhale: round your spine, bring your shoulders forward and look downwards. This is cat position

4.

Continue moving between cow on the inhalations and cat on the exhalations for five breaths

SEATED DOUBLE HAMSTRING



WHAT DOES IT DO?

ॐ
STRETCHES OUT HAMSTRINGS AND
LOWER BACK

ॐ
IMPROVES CIRCULATION

ॐ
EASES LEG TIGHTNESS

1.

Sit near the edge of the chair and place your feet on the floor

2.

Place a towel around the balls of your feet

3.

Lengthen your back and lift your sternum. From the hip crease, lean forward

4.

Only go as far forward as you can with your back and knees straight

CHAIR EAGLE POSE



WHAT DOES IT DO?

ॐ
LOOSENS WRISTS AND SHOULDERS

ॐ
RELEASES TIGHTNESS BETWEEN
SHOULDER BLADES AND ACROSS SACRUM

ॐ
STRENGTHENS LEGS

1.

Cross your left thigh over your right thigh. If you can, wrap your left foot all the way around your right calf

2.

Bend your elbows and bring your palms forward until they touch

3.

Lift your elbows while dropping your shoulders away from your ears. Hold for three to five breaths