

Just another relaxing day at the office? You bet!



Happy, healthy and motivated employees are just a stretch away thanks to Lakeside Yoga and Fitness.

We offer your employees simple, safe, and practical techniques that quickly reduce tension and stress, while addressing a wide variety of work and non-work related conditions. Yoga, for example, is a scientific discipline that offers definitive results, such as:

- Increase in strength and flexibility for greater stress resistance.
- Improvement in posture for tension management.
- Reduction of mental fatigue and generation of energy.
- Improvement of concentration and productivity.

All of this can add to your bottom line by increasing employee morale and productivity, and decreasing absenteeism. Plus, it's easy as we come to you with all the necessary tools. All you provide is the space!

Join the growing number of corporations embracing workplace yoga and Pilates as a cost-effective employee-retention strategy. Call to find out how your business can thrive with these programs today!

Lakeside Yoga
AND FITNESS

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IT'S TRUE...

"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 effects of workplace related stress are no surprise to today's employers. A 1992 United Nations report called job stress "the 20th Century Disease". The World Health Organization has called it a "World Wide Epidemic".

The American Institute for Stress has implicated stress as the cause of 75% to 90% of all primary care doctor visits in the U.S. The total annual costs of stress to the average employer are staggering.

Nancy Doherty is a certified, registered Yoga and Pilates instructor, focused on providing her clients yoga and physical conditioning training and classes. Classes are held in her studio, client's workplaces or homes. She offers classes in yoga, Mat Pilates and Combo fitness, among others. Teaching since 2001, she specializes in designing individualized programs for her clients.

Ms. Doherty is a member of the Yoga Alliance, the International Association of Yoga Therapists and PhysicalMind Institute. She spent over 15 successful years as an executive in the telecommunications and retail network systems fields and fully understands the daily stresses of the workplace. She has developed classes for companies that are energizing, relaxing and most importantly, enjoyable.

She is a former President and member of Business Networking International and has been a member of the Rockland Business Women's Network for over a decade. Ms. Doherty was the Stress Specialist and Meditation Expert for the IVillage.com website, voted Best of the Web by Forbes.com.