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**Yoga Yoga**

# News Release

## **Austin Yoga Provider Announces New “Yoga at Work” Wellness Programs**

*Yoga Yoga lowers companies' healthcare expenses and employee stress*

**Austin, Texas:** Yoga Yoga (YY) has recently unveiled a new series of wellness programs aimed at reducing stress and promoting health at the workplace. YY's “Yoga at Work” not only benefits a company's employees, but it can also boost the employer's bottom line by helping them to reduce their healthcare expenses. YY will be the first yoga provider to offer this type of wellness program to customers in the Austin metro area.

With healthcare costs continuing to skyrocket, more businesses are looking for innovative ways to save money. Many are now realizing the tremendous return on investment they can experience after implementing an employee wellness program, such as that now offered by YY.

Employers can expect save \$1.65 in healthcare expenses for every dollar spent on a comprehensive employee wellness program, according to a recent study published in the *Journal of Occupational and Environmental Medicine*. Also, Highmark, Inc., a Pittsburgh, Pa. health insurer, conducted a similar study of its own corporate wellness program and discovered that they had saved \$1.3 million during a four-year period.

**For Immediate Release – April XX, 2008**

High stress levels at work are becoming a greater concern for employees. In fact, over half of working adults – and 47% of all Americans – consider stress to be a problem in their lives, according to a 2006 American Psychological Association survey. In addition, the National Institute for Occupational Safety and Health estimates that a staggering 90% of all illness and disease is stress-related.

However, yoga has been proven to be one of the best types of exercise for reducing stress, and YY's new "Yoga at Work" wellness programs will be targeted to companies that are looking to reduce their healthcare costs while also promoting a healthy and happy workplace. YY will be offering onsite yoga classes, as well as, a "Yoga for Stress Free Success" program. Corporate discounts will also be available.

For more information about YY and worksite wellness programs, visit [www.yogayoga.com](http://www.yogayoga.com) or contact Jamie Perkins at (512) 358-1200 or [jamie@yogayoga.com](mailto:jamie@yogayoga.com).

### **About Yoga Yoga**

Yoga Yoga is Austin's premier source for yoga with four locations and over 350 weekly classes offered. With more than 90 registered yoga teachers, Yoga Yoga provides a wide variety of yoga styles, including Hatha, Ashtanga, and Kundalini with special prenatal, postnatal, and children's yoga classes. Yoga Yoga Teacher Training offers 200-hour and 500-hour level programs as developed by the Yoga Alliance. For more information, contact Yoga Yoga at (512) 358-1200 or visit [www.yogayoga.com](http://www.yogayoga.com).