



BODHI

BREATHWORK & YOGA

Corporate / Stress relief Breathwork

Deep breathing is not only relaxing, it has been scientifically proven to affect the heart, the brain, digestion, the immune system — and even the expression of genes. Research has shown that Breathwork (also called Pranayama, meaning life force expansion/ control) can have immediate effects by altering the pH of the blood, or changing the blood pressure. It can be used to train the body's reaction to stressful situations and lower the production of harmful stress hormones.

Most people experience some kind of stress on a daily basis, and for some the level of daily stress can be debilitating. We tend to breath shallow and fast when we are feeling overwhelmed or anxious, and this kind of rapid breathing is controlled by the sympathetic nervous system. It is part of the "fight or flight" response — the part activated by stress.

In contrast, slow, deep breathing actually stimulates the opposing parasympathetic reaction — the one that calms us down. Deep breathing is scientifically known to trigger the relaxation response associated with reducing stress and helping with focus and concentration.

Breath is life. The very first and last thing we do in life is take a breath. More and more medical, scientific and research reports are confirming that the origin of most illness, both physical and psychological, is lack of oxygenation of tissue. Deliberate breathing delivers more oxygen to your tissues and so increases the amount of oxygen in the body's tissues and reduces the risk of disease.

Why would I consider stress relief Breathwork in the workplace?

The healthcare costs of employers has skyrocketed in recent years, and cost effective ways of reducing stress have become critical to the wellbeing of employees and employers alike. Breath awareness, which is an essential element of mindfulness training, is being used in many workplaces as a strategy in stress reduction. When employees are able to manage and reduce stress, productivity is greater and then working environment becomes conducive to work flow.

Learning how to monitor your breathing and regulate it is one of the most cost effective measures to reduce and manage stress. It is something that you can do in any setting, at your desk, walking, or in a meeting to remain relaxed, alert and creative.

When we are In a state of stress, stress hormones are released into the body. Most notable is cortisol, a stress hormone which acts as an immunosuppressant. Alleviating that stress, and the release of cortisol into our bloodstream can help the immune system to function better, which means improved wellbeing.

What kind of benefits would my employees experience from Breathwork?

- Reduced Anxiety and Stress
- Increased Clarity and Focus
- Elevated Mood
- Healthier cells in the body due to oxygenation
- Boosted health and healthier skin.
- Promotes digestion
- Eliminate Oxidative Stress
- Reduced Cravings
- Lower Blood Pressure
- Better, more relaxed sleep
- Feeling more productive and creative in the workspace
- Greater self awareness