



# STRESSED OUT?

**Do you work in a high-stress environment where there are daily challenges, deadlines, pressures and office politics? These stressful challenges pose not only a threat to your ability to excel, but their cumulative effect could lead to physical, emotional, and mental breakdown.**

## YOU CAN EXCEL

**with self-management skills to thrive and succeed, such as the abilities to manage stress, relax quickly at will, energize when necessary, handle sleep deprivation, relieve headaches, overcome fear and depression, manage anger, sharpen concentration, expand intuition, experience tranquility, relieve grumpiness, persevere to completion, substitute good habits for bad, improve decision making, improve self-esteem and personal magnetism, and manifest your potential.**



## KUNDALINI WELLNESS PLAN®

### WHY IT WORKS

**Kundalini Yoga, the yoga of awareness as taught by Yogi Bhanan, is a comprehensive and effective form of yoga that can be practiced by everyone. It is an ideal practice for people with busy lifestyles because they can experience an immediate and direct effect in the shortest amount of time. Kundalini Yoga makes you relaxed and energized at the same time. It keeps the body in shape and trains the mind to be strong and flexible in the face of stress and change.**

### HOW TO GET IT

**Kundalini Wellness Plan is a structured series of ongoing yoga classes delivered onsite to employees at your facilities to alleviate stress and improve their well being, emotional resilience, mental concentration, and productivity. We provide consistent services around the country and around the world. Our Kundalini Yoga classes are designed for beginners and get results fast. A secure self-service web portal enables management to measure results and enables employees to sign up for scheduled classes. Kundalini Wellness Plan is paid for by the corporation on behalf of their employees so good participation and a solid Return On Investment is assured.**

**Call 505-747-8268 or email [CustomerService@kundaliniwellnessplan.com](mailto:CustomerService@kundaliniwellnessplan.com)  
[www.kundaliniwellnessplan.com](http://www.kundaliniwellnessplan.com)**