



# KUNDALINI WELLNESS PLAN®

**Productivity**

**Focus**

**Stamina**

**Energy**

**Self esteem**

**Patience**

**Stress free**

**Resilience**



**Wellness**

**Flexibility**

**Intuition**

**Charisma**

Onsite yoga classes are the next generation of corporate wellness programs. An effective Kundalini Wellness Plan that is designed to meet your workplace requirements may be the solution to your human resource challenges. Call for an interview with our wellness consultants.

**Call 505-747-8268**

**[www.kundaliniwellnessplan.com](http://www.kundaliniwellnessplan.com)**

**[CustomerService@kundaliniwellnessplan.com](mailto:CustomerService@kundaliniwellnessplan.com)**



# KUNDALINI WELLNESS PLAN®

## Be Great



**Great People make  
a Great Organization**

**[www.kundaliniwellnessplan.com](http://www.kundaliniwellnessplan.com)**

# We build up your people to be great



# Great people make a great organization

- Kundalini Yoga is a competitive edge proven in corporations over the last twenty years
- Imagine employees transformed through onsite yoga to be more energetic, more resilient, more enthusiastic and more focused than ever before!
- Manage pressure and deadlines better as employees have more stamina than the average person, interacting with others confidently and responsively.
- Decision making is sharper as they concentrate better and think more intuitively and creatively.
- Teams work together with clear communication, greater empathy and understanding.
- Productivity is increased with greater attention to detail, more commitment and initiative.
- They better manage fatigue and challenges, bouncing back resiliently and creatively.
- Their stamina and persistence get important projects completed on time and on budget.
- Healthier and stress-free employees directly reduce health insurance utilization and improve bottom line performance.

- All these great calm, energized and strong people working creatively together will achieve great things and make your organization more successful, adaptable and responsive.
- Now connect this flexibility in the organization with the improved wellness of the individuals, and you get the Great Organization you have always envisioned.
- More productive, more efficient, more attuned to your customers and the marketplace, more responsive and flexible to changing conditions. Dynamic and resilient, energized and motivated, enthusiastic and inspired, your employees will excel and so will your Great Organization. The difference is exponential.
- You may say this is too fantastic to be true. But it is true and we can deliver this to your organization beginning right now. Just call for an interview with our wellness consultants and we can begin.

