

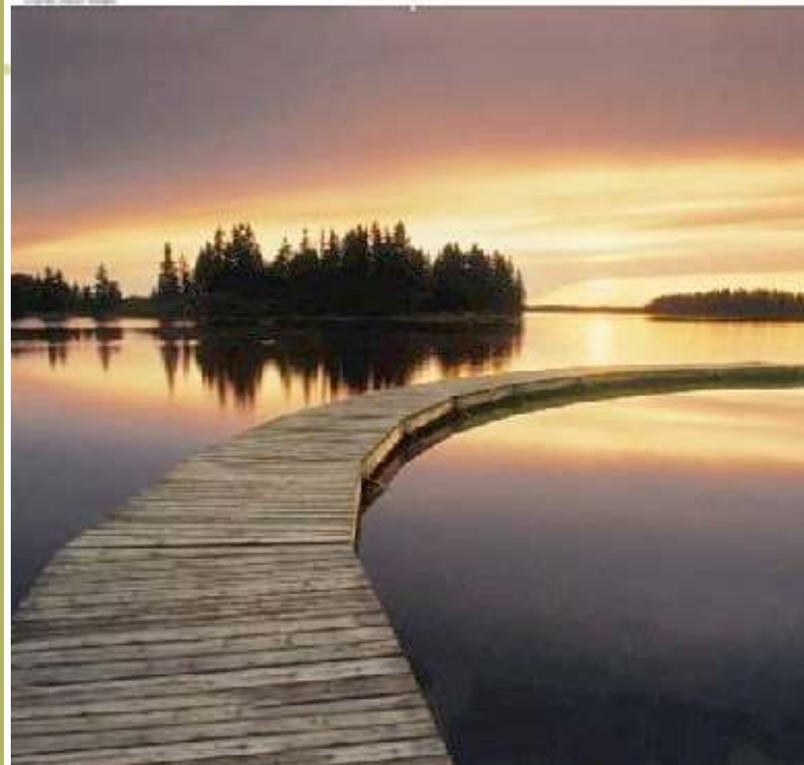
"Mindfulness, also called wise attention, helps us see what we're adding to our experiences, not only during meditation sessions but also elsewhere." Sharon Salzberg

Mindfulness & Stress Reduction in the Workplace

KAYE MICHELLE, RYT500, CST, AUTHOR, TEACHER

Kaye (formerly Kaye Khalsa) is a trained Mindfulness Instructor with certifications in Kundalini Yoga, Brain Gym, Cranio-Sacral Therapy, and other mindfulness and meditative training programs located in the US and India. She studied directly under Sharon Salzberg, Brian Weiss and others. Currently Kaye is pursuing additional training at UMass Medical Center for Mindfulness. She brings 15 years of teaching experience in leading groups and privates clients through a number of stress reduction programs, workshops and ongoing classes. She co-founded Franklin Yoga & Wellness in 2004.

Taught/Spoke at: *Pura Vida Spa, Costa Rica, Franklin Public Schools, Cybex Corp, Golds Gym, Bright Horizons, Frolio Middle School, Tufts University, Cambridge School of Weston, Center at Westwoods, All That Matters, Stowe Retreat Center, Leading Women RI, Kalani Retreat Center, Hawaii*



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Led by Mindfulness & Meditation Expert,
Kaye Michelle

“In short, happiness and productivity are not only related, they're practically indistinguishable. According to the iOpener Institute, in a company with 1,000 employees, increasing happiness in the workplace:

- Reduces the cost of employee turnover by 46 percent.
- Reduces the cost of sick leave by 19 percent.
- Increases performance and productivity by 12 percent.”

Arianna Huffington, March 18, 2014



COURSE CONTENT

- Guided instruction in mindfulness meditation practices
- Gentle stretching
- Instruction tailored to each group
- Daily home assignments
- Access to audio recordings for relaxation and mindfulness

OPTIONS

- Weekly 30 or 45 minute classes available in 6, 8 or 12 week sessions
- 2 Hour Workshops
- Weekend Retreats
- 20% Introductory Discount

WHAT IS MINDFULNESS?

Mindfulness is a way of paying attention to what you are thinking and doing and noticing what is happening in your body and your environment. This enables you to make more conscious choices and see things in a clearer light. This gives you more energy and the ability to focus more easily.

WHAT WILL IT DO FOR YOU?

- Increase Productivity
- Reduce Stress
- Improve Concentration
- Activate the Body's Relaxation Response
- Lower Blood Pressure
- Build Emotional Neutrality
- Increase Awareness of Self and Others
- Increase Levels of Happiness
- Increase Non-Reactivity

“The main business case for meditation is that if you're fully present on the job, you will be more effective as a leader,” says William George, Harvard Business School professor, former CEO of Medtronic