

# BENEFITS OF YOGA IN THE WORKPLACE

The benefits of offering the opportunity to do yoga in the workplace are many.

- Decline in stress-related sick leave
- Relief of musculoskeletal conditions such as back ache, neck ache
- Relief of insomnia
- Better control of high blood pressure
- Improves the employee's outlook and therefore attitude
- Enhances employee alertness and ability to approach demanding situations more calmly
- Improves productivity
- General well-being in the workplace reduces employee turnover and absenteeism

According to the Office for National Statistics report published February 2014, 131 million days were lost through sickness in the UK in 2013.

Minor illnesses were the most common reason given for sickness absence but more days were lost to back, neck and muscle pain than any other causes as shown in the graph below. Although the total number of days lost to sick leave and the number for musculoskeletal conditions are falling, there is still a lot of room for improvement.

Days lost to stress/anxiety/depression is considerably high too and showing a slight increase from the 2012 report.

Comparison % of days lost for MSK v SAD 2012/2014 reports ONS		
Reason for absence	2012 report (n=131 million)	2014 report (n=131 million)
Musculoskeletal	27%	23%
Stress/Anxiety/Depression	10%	11%

