

B R E  T H E  
AT WORK

welcome a space to breathe

Tailored meditation programs at the workplace  
for healthier, happier employees resulting in  
greater success.



We understand that employee well-being and corporate success depend greatly on one another, that is why we created **Breathe at Work**.

Our certified and trained team offers a variety of styles and techniques either in person or virtually.



Research shows when companies incorporate meditation into their culture the following benefits:

- 120% increase in productivity
- 30% decrease in stress-related symptoms
- 85% decrease in absenteeism and burnout
- 70% less injuries and fewer sick days
- reduction in stress and anxiety
- greater satisfaction and overall optimism
- overall increase in career satisfaction among employees
- productivity gains are approximately \$3,000 per employee\*

start enjoying these benefits today

