



### Yoga

Individuals who make time to incorporate the practice of Hatha Yoga into their days are more likely to have a decreased heart rate, blood pressure and controlled breathing. Yoga is considered an ancient form of exercise but its popularity is on the rise again as it has shown to reduce stress and muscular tension, all while teaching relaxation techniques. The breathing techniques exemplified through Hatha Yoga serve as a quiet way to cope with workplace and school stress. Implementing yoga into the work and school environment will not only promote overall improvement of the body and mind but it will improve work performance. Budget can range from free to \$100+ per class.

### How to implement

- If yoga practices are already implemented at your campus, be sure to continue promoting and highlighting them to students and employees through posters, emails, etc.
- Reserve a conference room to offer 45 minute classes during lunch time (i.e. 12-12:45 pm) or after work hours (i.e. 5-5:45 pm).
- Contact local yoga studios and ask for assistance or use a video online
  - <https://www.youtube.com/watch?v=gUfyA28oVqk>
  - <https://www.youtube.com/watch?v=s8RDWogbqh0>
- PROMOTE yoga events
  - Promote alternatives such as chair yoga
    - <https://www.youtube.com/watch?v=tAUf7aajBWE>
    - <https://www.youtube.com/watch?v=Nnd5Slo02us>

### Evaluation

*To assess the impact of the intervention:*

- Poll the students and employees, have at least 40% of them attended a yoga class?
- Poll the students and employees, are enough yoga classes being offered and are they at appropriate times?
- Send out a short anonymous survey asking for suggestions on how to improve yoga classes.

*To encourage employees/students to participate, you may try:*

- Offer incentives to employees and students for attending the most yoga classes per week in the community, etc. such as:
  - Attend 4 yoga classes, get 5th one free
  - Bring a friend to class, get a class for free
  - Practice yoga on your own during the day, get a class for free
  - Be entered for a raffle each time you attend a class

### Additional Resources

- Pocket Yoga app tracks your practices and how many calories you've burned.
- 5 Minute Yoga app provides quick, 5 minute, yoga routines perfect for beginners attempting to become comfortable with the poses gradually.



**Example Pre and Post Program Questions:**

- Would you say that in general your health is:
  - Excellent
  - Very good
  - Good
  - Fair
  - Poor
  - Don't know
  
- Thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
  
- During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?
  
- And when you took part in this activity, for how many minutes did you usually keep at it?
  
- What is your biggest barrier to being physically active or exercise?
  - Affordability of gym membership
  - Lack of time
  - Lack of knowledge about how to exercise
  - I don't like exercising
  - Lack of fun programs – intramural sports, etc.
  - Other (please specify)
  
- All in all, how satisfied would you say you are with your job?
  - Very satisfied
  - Somewhat satisfied
  - Not too satisfied
  - Not at all satisfied
  
- How satisfied are you with current wellness programs?
  - Very satisfied
  - Satisfied
  - Neutral
  - Dissatisfied
  - Very dissatisfied





LionPulse Session Evaluation

Campus: \_\_\_\_\_ Session: \_\_\_\_\_

Date: \_\_\_\_\_ Time: \_\_\_\_\_

1. Was the time of this program convenient for you?
  - a. Yes
  - b. No
  
2. Was the topic of interest?
  - a. Yes
  - b. No
  
3. How often would you attend programs?
  - a. Monthly
  - b. Quarterly
  - c. Not at all
  - d. Other \_\_\_\_\_
  
4. Based on today's experience, will you encourage your colleagues to attend?
  - a. Yes
  - b. No
  
5. Will you make changes in your life based on what you learned today?
  - a. Yes
  - b. No

6. What program topics would you like to see in the future?  
\_\_\_\_\_  
\_\_\_\_\_