

Many small business owners are starting wellness programs to help employees feel healthier, happier and more likely to stay.

Wellness efforts encompass a wide range of benefits and services, including weekly seminars, touch-points, subsidized gym/spa memberships, onsite training and classes that help motivate staffers to exercise and take care of themselves.

Employees are more aware that many big companies now have wellness programs, which is an advantage when it comes to recruiting and retaining staffers.



WENDY RAMNARINE

Founder of The Skylit Ayurveda Center



*Wellness coach - Ayurveda practitioner -
Yoga therapist - Energy specialist*

With over 15 years of experience, Wendy Ramnarine has helped a range of clients and businesses establish a healthier mind set and heart set. She is dedicated to being of service to others by teaching others how to improve health, increase energy and eliminate *dis-ease* by restoring balance with practical tools.

Read more about her on our website.

SKYLIT AYURVEDA
10384B Gouin O. Pierrefonds, Quebec, H8Y 1S3

www.skylitayurveda.com | 514.242.3545

CORPORATE WELLNESS

Individual & Group



Wellness programs make for happier, healthier workplaces.

People are our business

Wellness matters

Purpose is vital





Healthy workplace culture drives productivity

OPTIONS:

- **Presentations / Seminars**
* along with tips and tools, topics can include health and wellness, stress management, employee productivity, communication, organizational power etc, followed by Q&As
- **Yoga / Breathwork sessions**
- **Meditation sessions**

BENEFITS:

- **Reduce absenteeism**
- **Reduce health costs**
- **Increase productivity**
- **Future-proof your workforce**
- **Reduce turnover rate**

THE MIND AND BODY ARE NOT SEPARATE.
WHAT AFFECTS ONE, AFFECTS THE OTHER.

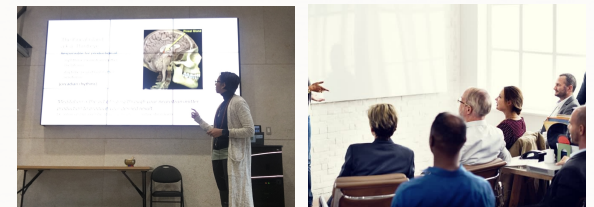
Each year, health related employee absenteeism equates to an estimated \$16 billion or more in direct lost revenue to Canadian employers.

Shockingly, it is estimated that about 60% of absenteeism is stress related.



CORPORATE ONSITE TRAINING

Get your employees one time, regular access or periodic refreshment seminars to a variety of health and wellness information.



PRIVATE SESSIONS

Individual private coaching sessions available to each employee. Addressing topics relating to stress while protecting privacy.

**this option works along side the HR department*



AT OUR CENTER

Discounted rates for employees who seek further sessions and/or treatment options.

