



UpDog Yoga Presents... The Om Squad: Bringing Yoga 2 Life!

UpDog Yoga, Rochester, MI is pleased to announce the creation of the Om Squad® – a traveling Yoga 2 Go® team of certified yoga and meditation instructors who provide yoga outreach, including charitable work, for organizations, corporations, schools, hospitals, shelters and special events in and around Michigan.

The Om Squad's Mission is to provide first-rate, certified yoga and meditation instruction for groups and organizations that might not otherwise have an opportunity to experience the healing, restorative benefits that yoga and meditation practices bring to life. The Om Squad is a turn-key, fully-integrated traveling team of yogis who provide Yoga 2 Go -- everything your organization needs to offer professional instruction on yoga, meditation, mindfulness and breathing techniques to any size group. The Squad consists of:

- Yoga Alliance® Registered Yoga Teachers • Experienced Meditation Instructors
- Portable "Yoga 2 Go" sets of Mats, Props and Materials • Portable Sound Systems, Hand-outs, etc.

For more information on scheduling the UpDog Om Squad for your organization or group, or to get more information on Om Squad pricing, including "pro bono" community charitable outreach offerings, please contact:

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The Om Squad: Bringing the benefits of yoga to your organization.

Nearly 20 million Americans practice yoga for health and wellness, as well as to promote strength, flexibility, balance and stress reduction. Yoga is being studied as an adjunct therapy for OCD and to battle depression. Studies point to an anti-oxidant effect of yoga, and yoga has been associated with decreasing cholesterol and triglyceride levels. Integrative yoga therapy ('IYT') is used for a variety of conditions, including heart disease, asthma, back pain and arthritis.

In addition to all of the benefits to the individual, the following are benefits to the organization:

Stress Management: Reduction in mental and physical stress. Employees who are more relaxed and comfortable enjoy their job and have fewer health complaints.

Increased efficiency: Yoga increases concentration and focus. Yoga also provides an opportunity to stay calm in stressful situations and increases morale.

Community: Yoga is a group event, and allows for community spirit in a relaxed environment. It improves interpersonal and relationship building.

This radically-new concept in yoga instruction is available on a "per project" basis, or can be used to create an integrated, ongoing system of instruction for your employees, clients, students, co-workers, bridal and baby showers guests – anywhere, anytime, for any body!



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