



Life In Yoga Institute

Workplace Mind-Body Fitness Program

What is Life in Yoga Workplace Mind-Body Fitness Program?

This is a program that takes workplace fitness to another level that directly impacts both preventive and therapeutic needs of personnel in a workplace. This is done by a two pronged approach: (a) General Stress Reduction with gentle, chair-based group yoga (inclusive of meditation) practices; (b) Individualized Measured Yoga Therapy with Bio-energy reading for those who seek individualized stress management or want yoga intervention for specific health disorders like hypertension and other cardiovascular problems, diabetes, sleep apnea and snoring, insomnia, incontinence, enlarged prostate, mental health disorders like depression and other health issues. The evidence of this impact is the compounded evidence of Life in Yoga's program at Star Pipe Products (in Houston) since April 2017 and that of Aetna Insurance Co since 2012.

How does it Impact Workplace?

The Aetna program with the longest history which is the same experience we have had at Star Pipe Products as **reported in the New York Times of February 27, 2015:** "More than one-quarter of the company's work force of 50,000 has participated in at least one class, and those who have report, on average, a 28 percent reduction in their stress levels, a 20 percent improvement in sleep quality and a 19 percent reduction in pain. They also become more effective on the job, gaining an average of 62 minutes per week of productivity each, which Aetna estimates is worth \$3,000 per employee per year." NY Times reference link: <https://www.nytimes.com/2015/03/01/business/at-aetna-a-ceos-management-by-mantra.html>

2012 Published Research Study of Aetna: Wolever, R. Q., Bobinet, K. J., McCabe, K., Mackenzie, E. R., Fekete, E., Kusnick, C. A., & Baime, M. (2012). **Effective and viable mind-body stress reduction in the workplace: A randomized controlled trial.** *Journal of Occupational Health Psychology, 17*(2), 246-258. <http://dx.doi.org/10.1037/a0027278>

Since the Life in Yoga Program includes individualized assessment and lifestyle management coaching along with pin-pointed practices with Measured Yoga Therapy, in addition to general group sessions, the impact is expected to be better than Aetna, and also result in containing Group Health Insurance costs.

Explaining Measured Yoga Therapy

Measured Yoga Therapy (MYT) is a method of predicting the long term impact of any mind-body activity (epigenetic factor) from a single session. This is based on bio-energy assessment which is the basis of traditional medicine systems like Ayurveda and Chinese Medicine. This is used for not only preventive applications like stress reduction to avoid future chronic disease manifestation, but also to reverse existing disease conditions.

While the bio-energy measurement tool, Bio-well was developed in Russia, the method of using it for therapy was developed by C. Rajan Narayanan of Life in Yoga Institute and the research findings have been accepted for publication by International Journal of Yoga (IJOY) for the May-August 2018 issue. IJOY is one of two yoga journals that is indexed by the PubMed database of the National Institutes of Health (NIH) as a credible peer-reviewed scientific research journal.

Star Pipe Products Experience

- Started as Measured Yoga Therapy in April 2017 after CEO was healed of his 35 year-old condition of Chronic Fatigue Syndrome in 5 months and his Mitral valve heart problem that was recommended for surgery was healed in 6 weeks with yoga therapy
- 36 of the 140 employees participated
- Over 90% of them came for Preventive Health Management and less than 10% for treatment of health disorder
- Those with health disorders found reduction in the need for pharmaceutical support or completely healed
- Following are examples of Preventive Health:

Stress-Busting Case: Employee in his early 30s with spouse and two children appeared stressed and it was confirmed by our bio-energy reading. He was told that he had to do some practice to reduce his stress to avoid some disease manifestation in the distant future. He protested that he had no time for any practice. Analysis of his lifestyle, which is part of the individualized consulting, resulted in an unusual recommendation that did not require him to take time out of activities he considered very important. Within his normal schedule upon waking up in the morning he would first check messages in his mobile phone, then he would drink water, have bowel movements and then he would turn on his television to listen to news as he made himself a cup of tea and had it watching the news. He was told to make a minor change in this morning routine. Upon waking up, no looking at his mobile phone and no turning on the TV, but rather he keep his awareness in his breath enjoying every sip of his tea. We called it Chai Yoga. Next month, not only was his stress down, but reflection of himself had resulted in him changing his lifestyle and finding time for the gym four days in a week.

Productivity Impact Case: 30 year-old married employee with no children had come for an evaluation since he felt his body needed toning. Upon the bio-energy reading we found this peripheral nervous system was not sensitive enough. A specific breathing exercise that promotes that was recommended for daily practice for 15 minutes. A month later he was delighted that his waist size had reduced by 2 inches (with a minor weight-loss). However, he explained that when he did this breathing practice in the mornings he would go into a meditative self-observation mode, and he realized that his reaction to work situation was a source of stress. So he decided to change himself and with his new approach not only did his stress level go down, but also his productivity increased and his colleagues could feel the difference.

Relevance of MYT at the Workplace

It is common in today's workplace to find a gym for their employees. The rationale is based on viewing physical exercise as good for health which has multiple impact on both group health insurance cost and employee productivity. The underlying scientific mechanism is the understanding of the human physiology and the principle of cardiovascular fitness that has been dominant for the last five decades or so.

Today mind-body techniques have emerged as the biggest contributor for health and has been slowly pervading the gyms in the form of yoga (inclusive of meditation) and similar exercises like Tai Chi, etc. Scientific studies that number in several thousand now show clear evidence of benefits on average, but the mechanism of action is not well understood.

These mind-body techniques are integral to traditional systems of medicine like Ayurveda and Chinese Medicine, and the underlying principles come from Yoga. Traditional systems consider the human system as a cosmically integrated communicating system. Within the body the communication is measured along the Bio-meridians. The basis of Bio-meridians was never understood by modern medicine systems, but the fact that its therapeutic implications show effectiveness has resulted in the growth of Complementary and Alternative medicine approaches and the acceptance of Acupuncture.

Eight decades of research into Bio-meridians (especially in Germany and Russia) has created a user friendly device that measures Bio-energy. Life in Yoga Institute has developed an application of mind-body intervention tools for specific types of Bio-energy flows that are indicative of stress or a wide variety of health disorders. And success of the intervention techniques can be instantly verified for each individual.

This has significant implications for the workplace. Aetna Insurance company, with its 50,000 employees, has demonstrated the impact of general mind-body techniques, in the form of yoga-meditation classes in the work place that increase productivity and reduce health care costs. With ability to customize practices for each individual, and even address therapeutic needs the potential only increases. Our work from April 2017 at Star Pipe Products with 140 employees at its Houston location has shown remarkable results that should motivate forward thinking Companies to consider Life in Yoga's Workplace Mind-Body Fitness Program.

Life in Yoga and Bringing this Program to Workplace

As a non-profit organization with a mission to promote Measured Yoga Therapy (MYT) benefits (and teach healthcare providers in a separate Continuing Medical Education Program), Life in Yoga offers this program in specific geographic locations initially with the help of motivated full-time volunteers. The approach is designed to draw in charity focused qualified physicians and other experts towards building dramatic evidence for companies with no more than 1,000 employees at a location, with an end goal of transforming health care from disease focus to **healthy mind-body living**. Life in Yoga appreciates a grant from such forward thinking companies to cover its costs. A trial demonstration can be requested. Once the company justifies the value paid professional staff would be placed for on-going service.

For success with this program the company management and HR department must be convinced and be willing to actively promote it to their employees. A company liaison, probably at the HR department, must be identified to be the facilitator of this program.

Any company interested in this program can contact C. Rajan Narayanan at narayanan@lifeinyoga.org or call 301-526-8308

About Life in Yoga Institute



Life in Yoga Institute is a tax-exempt non-profit based in Maryland. It is the only yoga organization to date that has accreditation to give Continuing Medical Education credits to doctors. The Executive Director and Chief Therapist is Dr. Rajan Narayanan. He is NOT a licensed medical doctor, but a PhD researcher who has developed this system. He is also certified as a Yoga Therapist by the International Association of Yoga Therapists. He and his team of doctors and scientists train doctors and therapists.
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Dilip Sarkar, MD, FACS, CAP, C-IAYT, Chairman of Board of Life in Yoga Institute, is a retired vascular surgeon turned yoga therapist and Ayurveda practitioner, teaches Yoga Therapy with a focus on integrating yogic wisdom and the science of Western medicine. He serves as the lead faculty for Life in Yoga Institute's Continuing Medical Education Program for physicians. He has served as chairman of the board for the American Heart Association, president of the board of directors of the International Association of Yoga Therapists. He is a retired associate professor of surgery at Eastern Virginia Medical School and is chairman of the School of Integrative Medicine at Taksha Institute.