

Mindfulness in the Workplace

Mary Bartel, B.S., E-RYT 500, Mindfulness Meditation Instructor

Stress management - mindfulness training to the rescue.

Can you see we've become a society that is over-stimulated and fast paced? The greater population is sleep deprived and exhibiting numerous unhealthy symptoms that point to highly charged nervous systems. We know at some level something must give, but life's infinite demands at home and work leave many with little time to tend to their health—body, mind and spirit. Recent articles report that only half the American population gets some regular exercise; we might wonder how many exercise their minds in an effort to manage life's stressors. Many people are literally running on empty, feeling unfulfilled, and lacking a sense of control. Their inherent sense of balance is lost.

Including Mindfulness workshops and programs as part of your employee wellness offerings can lead to better personal functioning and a higher performance environment in your workplace. My personal experience and customer survey results from teaching mindfulness to hundreds of people have shown that mindfulness training:

- Increases awareness in one's self and others
- Enhances attention, focus and concentration
- Enhances one's resiliency and emotional intelligence
- Improves cognitive skills

The mindfulness practices I teach enhance one's capacity to:

- Be open minded
- Be receptive to change
- Attune more to listening with the whole body
- Strengthen clarity of mind
- Communicate more effectively
- Direct thoughts and emotions more appropriately
- Be more creative
- Better recognize the bodily cues to 'let go' and renew oneself

Mindfulness leads to greater efficiency and productivity. People who are more adept at managing life's stress perform better. That benefits their teams, their colleagues, clients, customers, families, friends ... making for a better world - for all of us.

Contact Mary today to get started!

Inner Quest Yoga and Wellness Center

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**Instructor Bio:**

Mary Bartel is the owner/operator of Inner Quest Yoga & Wellness Center in Saranac Lake, NY since 2005. She has been teaching yoga and meditation since 2000. Mary's qualifications / certifications include:

- IRI - Integrative Restoration (iRest) Instructor
- Structural Yoga™ Therapist and Instructor
- Professional Kripalu Yoga teacher
- Mindfulness Based Relapse Prevention Instructor
- Graduate of the Mindfulness Based Stress Reduction Program: Living the Full Catastrophe Yoga instructor since 2005 and Mindfulness Based Relapse Prevention program since 2011 at St. Joseph's Substance Abuse Center
- Teacher of Mindfulness Meditation, Integrative Restoration and Mindful Movement for cancer and other doctor referred patients with chronic conditions or pain via a grant program with Adirondack Health since 2008.
- BS Business Technical Management, with 30+ years experience, including Xerox Corp, and the Lake Placid Horse Show Association
- Member of the International Association of Yoga Therapists
- Member registered with the Yoga Alliance (ERYT-500)

To view Mary's meditation programs visit: www.innerquestyoga.net/meditation.html.

Customer testimonials may be viewed on page two at:

www.innerquestyoga.net/PeaceJoyFlyer.pdf

Programs can be tailored to meet your specific needs.

Mindfulness research articles:

<http://www.umassmed.edu/Content.aspx?id=42426>

http://www.openground.com.au/articles/MBSR_MA_JPR_2004.pdf

http://www.firsthealthworks.com/?page_id=1011