



yoga stages
with Shevy Katan

Yoga and meditation in the workplace

About Us

YOGA STAGES is a New York based wellness consulting firm that specializes in customizing on site health and mindfulness programs for major corporations around the city. With over 15 years of experience, we partner with companies interested in growing sustainable, efficient, and highly productive work spaces. Our instructors come with over 500hr teacher training certification in both yoga and meditation giving them valuable teaching skills that enable them to work in any environment with students of various levels and abilities. Our programs match the needs of the company by providing pragmatic solutions for employees who are looking to manage their stress, overcome health challenges related to corporate life and develop an overall sense of well being. We bring wellness to any stage.

How It Benefits

Employees who report high degrees of stress in their lives miss 2X as many work days as employees who report a low degree of stress.

A wellness program can reduce the development of health risks, which likely means a reduction in filed insurance claims for preventable conditions, saving costs for both employers and employees on future claims.

Even people who love their jobs suffer from work-related stress. Science has shown us that stress effects our mental and physical health so it becomes imperative to develop healthy skills to manage stress.



“For EVERY \$1 invested in workplace wellness a company can expect \$3 in cost saving benefits for every dollar spent”,
International foundation of employee benefit plans



Meditation and yoga at any stage, has been proven to help people be healthier, happier and more productive.

Why It Works

Mindfulness meditation: Often referred to as a cell charger for the brain, has become one of the two primary methods to improve concentration and increase productivity. Not only does an employee's performance improve, stress and anxiety are also reduced in the brain.

Yoga: The second primary method to improving overall health issues related to corporate life. Yoga is the key to learning the “relaxation response” method where chemicals and brain signals are released, training the body and mind to reverse the “fight or flight” response at work. It also helps to reverse the damage that comes with sitting too much, working long hours and enduring lengthy commutes.

The Process



We gather intel and learn the specific needs of your employee population



We collaborate with your organization to make sure we are creating a program that will drive and support a positive company culture



We check in regularly with our couture programs to see our progress, keeping employees engaged and the program fresh and exciting.

Customer feedback

I always look forward to Yoga Stages' classes - it's the highlight of my week! What a wonderful opportunity to feel more relaxed and to get stronger at the same time! Their personal attention has a way of making people of all levels feel welcome and confident - I can't recommend their classes highly enough!

Karen C, Price Waterhouse Cooper



I started doing yoga as a way to 1) get off my desk 2) mix up my workouts 3) get in "a good stretch". After continuing to attend yoga class with Yoga Stages I realized that my weekly yoga routine was doing much more than just loosening up my hamstrings. I began feeling more productive, more focused, and less anxious at work. The convenience of the class being in our office, and the ability to have such a rewarding experience in a 45 minute time frame has greatly improved my attitude towards work (and other people). I owe it to Yoga Stages and their patience for providing the class with such a peaceful environment in a sometimes not so peaceful place. Thank you!

Matt G Deals Senior Associate

