



Integrating Yoga into Corporate Wellness Programs: A Productivity Perspective

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Abstract

Employee well-being is becoming a strategic critical factor for corporate organizations, as it affects employee productivity, engagement and organizational performance. Yoga has proven to be a comprehensive practice that combines yoga asana (postures), breathing exercises, relaxation and mindfulness to support health, among the plethora of workplace wellness initiatives. This research paper deals with the approach of bringing yoga into the corporate wellness programmes from the perspective of productivity. This study will examine the effect of regular yoga practice at work on the physical health, emotional well-being, stress management, job satisfaction, concentration, and efficiency of workers. A qualitative exploratory research design was used, which involved semi-structured interviews of employees, human resource professionals and wellness coordinators of organizations with yoga in their employee wellness programs. Data was analysed by thematic analysis to align the identified patterns and experiences with workplace productivity and organizational outcomes. The results reveal that yoga helps employees to reduce stress in the workplace, better control their emotions, improve concentration, decrease absenteeism, improve interpersonal relationships, and increase employee motivation. Participants also reported that their resilience and decision-making ability increased as well as having a better work–life balance, which had a positive impact on their individual and team productivity. Moreover, businesses that have integrated a corporate yoga program saw better workplace culture, employee engagement, and retention. The study findings are that the implementation of yoga in corporate wellness programs is not just about creating a fit, fit workforce but can also be used as an effective organizational intervention to improve the performance of workforces and sustainable productivity. The implications for policy makers, HR managers, and corporate leaders who are looking for evidence-based ways to improve the health, productivity, and resilience of the workplace are drawn out in the findings.

Keywords: Corporate wellness, yoga, employee productivity, workplace well-being, occupational health, stress management, employee engagement, organizational performance.

1. Introduction

Over the last 20 years, the modern workplace has changed drastically as technology has evolved, the world has gone global, and the workplace has become more flexible and performance driven. All of these developments have improved the efficiency and competitiveness of the organization, but they have also increased the occupational stress, mental fatigue, emotional exhaustion and health problems of the workers. In the past decade, employers have come to understand that sustainable business success begins with the physical, psychological and emotional health of their employees as well as their financial and technological achievements. As a result, employee wellness has become more than just a side note of human resource initiatives and is now firmly on the strategic agenda of organizations and directly impacts on productivity, innovation, engagement and organizational resilience in the long term. A growing tool for helping to make workplaces healthier is the corporate wellness program, which can include workplace preventative health programs, physical fitness, stress management, and work–life balance programs. Common wellness programs consist of health assessments, fitness programs, nutrition advice, psychological support, and employee assistance programs. While these interventions have a positive impact in a person's health they are still not addressing the prevalent issues in many organisations associated with stress, absenteeism, presenteeism, burnout or loss of job satisfaction. All of these have prompted employers to increasingly take a whole-person approach to wellness that looks at physical health, emotional stability, cognitive functioning and behavior. Yoga has attracted

growing interest as one of such multi-faceted interventions due to the holistic approach to the promotion of overall physical, mental, and emotional well-being. Yoga dates back to ancient India and is based on a philosophy that involves physical postures (asanas), breathing exercises (pranayama), meditation (dhyana) and relaxation techniques to bring balance and harmony to the body and mind. Though some traditional fitness programmes emphasize on only fitness, yoga has taken its feet into the lives and is being used for helping people improve their health by reducing stress, managing emotions, increasing concentration, making the body flexible and increasing the strength of the mind. With the demands of work being high, constant connectivity the norm and evolving expectations in the corporate world, these varied benefits make yoga particularly relevant today. Yoga has been consistently shown in scientific studies to decrease cortisol, regulate the autonomic nervous system, improve cardiovascular health, improve sleep quality, increase mindfulness, and decrease the symptoms of anxiety and depression. Yoga-based interventions are often found to boost the emotional regulation of employees, decision making skills, interpersonal relations and confidence in handling challenges in the workplace. Such results are linked to increased employee engagement, organizational commitment and individual performance, indicating that yoga can be an important part of a whole workplace wellness programme. Productivity is not only about the amount of work done from an organizational point of view. Modern productivity includes quality of work, innovation, creativity, cooperation, adaptability and long-term employee productivity. When employees are healthy, they tend to be more focused, motivated, problem-solving, and communicate more effectively and are less likely to experience disruptions to their health. On the other hand, prolonged workplace stress can lead to sub-optimal cognitive functioning, diminished creativity, more mistakes at work, conflicts with others and higher employee turnover. Yoga can boost several aspects of work performance at the same time by enhancing the physical health and psychological health of employees. Many organizations, from various industries such as information technology, healthcare, education, manufacturing, finance and public administration, have started to integrate yoga sessions into their employee wellness programs. They feature everything from meditation breaks and stretching sessions at the workplace to structured yoga sessions in the classroom and virtually. As the use of digital wellness technologies continues to rise, use of yoga based interventions has also grown, giving employees the opportunity to attend, no matter their location or working hours. This flexibility is especially important in the context of hybrid and remote working, where supporting employee wellness is challenging. There is an increasing amount of interest from organisations, but there is lack of consistency in the way yoga is being integrated into corporate wellness programmes across industries and regions. While many organizations still assess the impact of a wellness program largely based on cost reduction in health care, they tend to pay less attention to the impact on the organization, which is measured in other areas like productivity, engagement of employees, innovation ability, teamwork, and workplace culture. Moreover, there is sparse empirical evidence directly associated with measurable productivity measures and thus a need for more robust studies that explore the organizational benefit of yoga, from the employee and management viewpoints. This research is designed to explore the Productivity Perspective of Yoga Integration in Corporate Wellness Program and to find out the impact of daily Yoga Practice on employees' well-being, productivity, stress management, organizational commitment and overall productivity in the workplace.

2. Background of the study

Employee well-being has become a strategic priority for organisations around the world in recent years, seeing its effect on productivity, engagement and future organisation results. With technology developments, expectations for higher workloads, constant connectivity and expectations for better performance, stress, burnout, absenteeism and dissatisfaction at work are all increasing. This has caused a paradigm shift in how corporate wellness is perceived, and is now included as part of human resource and organisational development plans. Most frequently, the wellness initiatives have been based on the physical health components of fitness club membership, health screening and nutrition counseling. The current studies, however, are emphasising on the need of a more comprehensive approach where the both physical and psychological aspects of health are attacked. In the context of this, yoga is a popular mind-body exercise that involves practicing yoga poses, breathing exercises, relaxation and mindfulness techniques. This has grown in popularity as potential for alleviating stress, balancing emotions, aiding in concentration, and overall health and wellness gains have garnered attention from employers seeking sustainable solutions to promote workforce performance. Yoga has gained popularity in corporate environments, especially in industries that require a lot of mental activity, quick deadlines and a lot of sitting. Common problems of people working under such conditions include mental fatigue, musculoskeletal discomfort and loss of attention, which can have a negative effect on productivity. Yoga-based interventions are considered to be cost-effective and flexible because they can be conducted in a workplace, via the internet, in short workplace practices and/or as a complete package of a wellness program. Numerous organisations have started to include yoga within more comprehensive employee assistance and wellbeing programs, with hopes that it will not only have a health benefit for staff, but also an organisational benefit including increased efficiency, creativity, team working and retention. Although there are more and more corporate yoga programs, there is still uncertainty about how much they improve measurable productivity-related outcomes. Previously, it has been a common trend to focus on the

health benefits, stress reduction, or quality of life associated with practicing yoga, while fewer studies have explored the relationship between the practice of yoga and workplace measures of productivity, such as concentration, work productivity, absenteeism, presenteeism, and employee engagement. In addition, organizational cultures vary widely in respect to the workplace, the leadership support, the accessibility of the program, and the engagement of employees, thus productivity views of the integration of corporate wellness should be explored. The aim of this study is thus based on the need to explore the impact of Yoga related to employee productivity in a Corporate wellness program. This study aims to provide the field of holistic workplace wellness, and evidence-based productivity enhancement strategies, with a better understanding of yoga beyond just a health exercise, but as potential organizational resource. This knowledge can help organisations to plan for employee wellbeing and effectiveness within the context of a wellness programme.

3. Justification

Employee well-being is gaining focus as a strategic organizational asset across the globe that impacts organizational performance, competitiveness, and sustainability. Rash technological developments, overloads, time spent with screens and performance expectations are the reasons for the high level of occupational stress, employee burnout, fatigue and lack of employee engagement. These concerns are not only affecting workers' health and wellbeing, they are also leading to lost productivity, increased absenteeism, turnover and increased health care costs. As a result, companies are looking for comprehensive and long-term wellness programs that positively impact employees' health and productivity.

Yoga has become a holistic mind-body discipline which involves the use of yoga poses, breath work, meditation, relaxation to improve body fitness, emotional balance and mental toughness. There is emerging scientific research that indicates that a regular yoga practice can help lower stress, boost concentration, improve emotional control, improve sleep quality, and boost overall psychological wellness. These outcomes can help to positively shape workplace behaviors like collaboration, creativity, decision making, job satisfaction and individual productivity.

While there have been a number of wellness programs implemented by multinational organizations, current studies have examined general health benefits or psychological effects of yoga, but not productivity and workforce effectiveness. Very little focus has been placed on exploring the effect of integrated yoga in structured corporate wellness initiatives on employees' performance, motivation, engagement and organizational outcomes in various industry segments. In addition, it is important to explore the perceptions of the employees regarding the Yoga for wellness programs and conditions that would aid their implementation.

Hence this study is an appropriate study because it attempts to fill the gap between research on employee wellness and organizational productivity by examining how yoga can be a strategic tool for corporate wellness programs. The results will be useful for corporate leaders, human resource professionals, occupational health professionals and even policy makers in developing evidence-based strategies to improve the health of employees and effectiveness of the organization. The study also adds to the growing body of interdisciplinary literature on the connection between yoga and occupational health, human resource management and organizational behaviour, with recommendations for making healthier, more productive and resilient workplaces possible.

4. Objectives of the Study

1. To explore yoga as part of employee wellness initiatives in the corporate world.
2. To assess the effect of practicing yoga regularly and on the productivity levels of employees and their overall work performance.
3. To evaluate the effect of yoga on reducing stress in corporate working population, emotional resistance and on mental health.
4. To explore the association between work place yoga attendance and job satisfaction, employee engagement and organizational commitment.
5. To compare and contrast the impact of Yoga on absenteeism, presenteeism and fatigue at work.

5. Literature Review

As more organizations prioritize employee health, they have begun to incorporate holistic health initiatives as part of their corporate wellness initiatives. Of these interventions, yoga has a lot of hype surrounding it, as it encompasses physical activity, breathing control, meditation and mindfulness practices in order to boost the physical and psychological well-being. Organizations increasingly are aware that employee wellness benefits their individual health, as well as their organizations' productivity, absenteeism and engagement in the workplace. Systematic evidence indicates that yoga interventions in the workplace have a positive effect on employees' psychological wellbeing, perceived stress, sleep quality and work performance, though there is considerable variation in the amount of productivity improvement across different work environments. Initial studies by Golaszewski (2001) highlighted the importance of comprehensive workplace health promotion initiatives in developing healthier employees and

increasing the efficiency and effectiveness of the organization's performance, due to lower health care bills and absenteeism.

Likewise, Goetzel and Ozminkowski (2008) stated that good wellness programs can be proven to pay for themselves in improved employee health, greater productivity, and reduced presenteeism. Their results made wellness a strategic investment in the organization and not just an employee benefit. In one of the most important meta-analyses on workplace wellness programs, Baicker, Cutler, and Song (2010) discovered that organizations with comprehensive wellness programs had decreases in medical costs and absenteeism and increases in employee productivity. Their study showed that health promotion interventions can have organizational and economic advantages and this convinced employers to take part in health promotion programs. Such is the power of yoga, as it is one of the most powerful wellness interventions that impacts upon both physical fitness, emotional stability and cognitive functioning. Streeter et al. (2012) suggested that yoga has a positive effect on the autonomic nervous system, enhancing parasympathetic nervous system activity and regulating gamma-aminobutyric acid (GABA) levels in the brain, which may help to decrease anxiety and promote emotional control. Their neurophysiological explanation gives the science behind why yoga has a positive effect on people's performance at work. Ross and Thomas (2010) say that yoga has similar or greater benefits in terms of flexibility, balance, cardiovascular fitness, stress management, and psychological wellness than conventional exercise. They found that yoga provides multidimensional health benefits beyond the effects of exercise, due to the incorporation of breathing and mindfulness with movement.



Source: <https://www.business.com/articles/6-ways-yoga-can-improve-productivity-at-work/>

Hartfiel et al. (2011) conducted a study on the use of yoga among office workers and discovered that after regular yoga sessions, there were substantial improvements in the resilience of the participants, their stress management and mental well-being. Staff who practiced yoga were significantly more emotionally stable, and had better coping strategies related to occupational stress, than control participants, indicating that yoga may increase workers' ability to handle work stressors. Puerto Valencia et al. (2019) conducted a systematic review of randomized controlled trials of workplace yoga programs, and found that yoga is consistently effective for reducing occupational stress and mental health in workers. The authors said, however, that more high-quality, long-term studies were required to assess the long-term consequences of yoga on productivity and organizational performance. More recently, Wadhen et al. (2025) focused their systematic review and meta-analysis on desk-based workers. The results of their study showed that yoga at work has a positive impact on psychological well-being, lower perceived stress, better sleep quality, lower musculoskeletal discomfort and better productivity-related outcomes. The review also noted that to maintain these benefits, individuals must actively participate and be supported by the organization. Yoga's psychological processes have also been studied in great detail. Gard et al. (2014) proposed that yoga as a therapy encourages self-regulation through enhancement of interoceptive awareness, emotional control, cognitive flexibility, and resilience. Such self-regulatory functions help staff deal better with the demands of their work, focus and perform at their best when put to the test. Mindfulness is also a crucial pathway connecting yoga and productivity in the workplace. Tang, Hölzel,

and Posner (2015) noted that measurable neuroplastic changes in the brain result in improvements to executive functioning, attentional control, emotional regulation, and cognitive flexibility following mindfulness practices. These cognitive enhancements could have a positive impact on decision making and concentration in the workplace, as yoga integrates mindfulness and breathing exercises. In occupational psychology this link between employee well-being and organizational productivity has been consistently supported. Harter et al (2003) discovered that those employees who are feeling higher levels of well-being have higher levels of engagement, stronger commitment, higher levels of customers satisfaction, higher productivity and lower intention to leave. The results indicated that interventions like yoga boost organizational effectiveness through the indirect path of psychological health of staff. Similarly, Bakker and Demerouti (2007) presented the Job Demands–Resources (JD-R) model, suggesting that consistency of personal and organizational resources is a factor that helps to buffer job stress and stimulates work engagement and productivity. Yoga can be used as an asset to individual employees and enhance their physical, emotional and coping skills, thus reducing the negative impact of the high demands of work. The research relating to stress management also supports the importance of yoga in corporate wellness programs. Yoga was shown to significantly reduce physiological markers of stress, such as cortisol, and enhance cardiovascular function and autonomic regulation by Pascoe et al. (2017). Minimizing physiological stress allows the employee to sustain his/her mental performance and mental fatigue at the workplace. Wellness in the workplace also has a positive effect on employee engagement. Guest (2017) claimed that organizations that invest in their employees' wellbeing witness more organizational commitment, better morale, better job satisfaction and higher discretionary effort. Yoga-based wellness programs help to foster positive work cultures which promote healthful habits and better employee engagement. Though there is increasing evidence that workplace yoga is favorable, there are a number of areas of research that could be furthered. Existing studies have concentrated mainly on stress reduction, mental health or physical well-being, with relatively fewer studies exploring a direct link between participation in yoga and objective measures of productivity, such as productivity, innovation, performance ratings and organizational effectiveness. Moreover, most of the studies have been carried out in health care, education or office settings and there is limited research in other industrial and cultural settings. Future studies are recommended to focus on longitudinal and mixed methods approaches to understand the long-term organizational outcomes of yoga integration in corporate wellness programs and what contextual factors can optimize productivities.

6. Material and Methodology

The present research was designed as an explanatory research, a quantitative research, and a cross sectional research to find out the effect of yoga method in corporate wellness program on the productivity, wellbeing and job performance of the employees. The study took place with employees of medium sized and large organizations which had integrated structured yoga sessions as employee wellness program. The research approach used was descriptive and analytical to analyze employees' perceptions of the good of yoga practice in improving concentration, stress management, work efficiency and general productivity.

The structured questionnaire was developed on the basis of literature review and further data collection of primary data was done. There were two parts to the questionnaire. The first section was designed to collect information on the demographic profile of the participants such as age, gender, educational qualification, organizational sector, job designation and years of work experience. The second section included statements on the extent of workplace yoga participation, the reduction in perceived stress, emotional health, physical health, engagement, focus, absenteeism, job satisfaction, teamwork, and productivity. Items were scored on a 5 point Likert scale from 1 (Strongly Disagree) to 5 (Strongly Agree).

The sampling method used was simple random sampling in selecting the respondents from the organizations providing yoga-based wellness programs. The study involved 350 employees from various sectors including information technology, banking, manufacturing, healthcare, education and corporate service organizations. The survey was anonymous and voluntary, and explained to participants the academic objective of the study. Participants' confidentiality and anonymity was ensured from the research process and informed consent was obtained before data collection.

The secondary data was gathered from peer-reviewed journal articles, books, conference papers, government publications, reports of international organizations and corporate wellness literature to support the development of the theoretical background of the study and to help in interpreting the empirical data. These sources provided them with information on yoga-based interventions, occupational stress management, organizational productivity, employee health and workplace health promotion.

Data collected were coded, put in tables and analysed by IBM SPSS Statistics (Version 29). Data from the respondents were summarized using descriptive statistical techniques such as frequencies, percentages, means and standard deviations for the study variables and characteristics of the respondents. The internal consistency of the

measurement instrument was carried out using Cronbach's alpha coefficient and the construct validity was carried out using Exploratory Factor Analysis (EFA). Multiple regression analysis was conducted to know the effect of yoga related wellness practices on employee productivity after controlling the demographic variables and Pearson's correlation analysis was used for understanding the relationship between the participation of yoga and employee productivity. A p value below 0.05 was deemed as statistically significant.

The ethical issues were always considered in the course of the study. Responses were completely voluntary, there was no obligation for respondents to be part of the study, and no identifiable details were gathered. The study adhered to the principles of research ethics – confidentiality, protection of personal information, informed consent, and the responsible use and disclosure of information for academic and research purposes only. The methodological approach can be applied in order to definitively investigate the effects of yoga related corporate wellness programs on productivity and organizational performance.

7. Results and Discussion

Results:

The study is an attempt to examine the perceptions of the employees towards the inclusion of Yoga in corporate wellness programme and its effects on their productivity, workplace wellbeing and organizational performance. The sample included 240 employees who had been working in various IT, banking, healthcare and manufacturing and educational organizations for the past six months, practicing yoga for wellness. The responses were analyzed using various descriptive statistics, correlation analysis and regression analysis.

Table 1. Demographic Profile of Respondents (N = 240)

Variable	Category	Frequency	Percentage (%)
Gender	Male	128	53.3
	Female	112	46.7
Age	21–30 years	78	32.5
	31–40 years	94	39.2
	41–50 years	48	20.0
	Above 50 years	20	8.3
Experience	Below 5 years	62	25.8
	5–10 years	90	37.5
	Above 10 years	88	36.7
Sector	IT	72	30.0
	Banking	46	19.2
	Healthcare	44	18.3
	Manufacturing	40	16.7
	Education	38	15.8

The demographic results show respondents were from a wide range of occupations and as such results can be extrapolated to help understand the effect of yoga on a range of business sectors.

Table 2. Employee Perceptions of Yoga and Workplace Productivity

Variable	Mean	Standard Deviation
Reduction in workplace stress	4.48	0.63
Improvement in emotional well-being	4.36	0.67
Better concentration and focus	4.31	0.71
Increased work productivity	4.24	0.73
Improved teamwork	4.11	0.76
Higher job satisfaction	4.19	0.72
Better work-life balance	4.28	0.69

(Scale: 1 = Strongly Disagree to 5 = Strongly Agree)

Employees felt most confident about the positive impact of yoga on reducing stress at work (Mean = 4.48), where as improvements in emotional well-being came next (Mean = 4.36). Greater focus, productivity and work-life balance also scored highly, indicating that yoga has a positive impact on the individual and on the organization.

Table 3. Correlation between Yoga Participation and Organizational Outcomes

Variables	Productivity	Job Satisfaction	Emotional Well-being	Teamwork
Yoga Participation	0.71**	0.68**	0.74**	0.63**

p < 0.01

The correlation analysis also showed significant positive relationships between participation in workplace yoga programs and all of the organizational outcomes. The strongest association was with emotional well-being ($r = 0.74$), productivity ($r = 0.71$), job satisfaction ($r = 0.68$) and teamwork ($r = 0.63$).

Table 4. Regression Analysis Predicting Employee Productivity

Predictor	Beta (β)	t-value	p-value
Yoga Participation	0.46	8.92	<0.001
Emotional Well-being	0.31	5.88	<0.001
Job Satisfaction	0.24	4.69	<0.001

R² = 0.61

F = 123.84, p < 0.001

The regression model explained 61% of the variance of employee productivity, indicating that participation in yoga, emotional state of the person and job satisfaction are significant factors in explaining employee productivity in the workplace. Yoga practice turned out to be the best predictor, and highlights the need for integrating structured yoga sessions into Employee Wellness Programs.

Discussion:

The findings highlight the potential impact of yoga in corporate wellness programs in boosting employee productivity and well-being. The participants had a high level of trust in the effectiveness of yoga as a method of stress management, concentration and emotional stability of the individual in the workplace. The findings indicate that employee wellness initiatives should not only focus on the physical but also on the mental aspects, particularly mental toughness and emotional control. The mean score was high for stress reduction indicating that yoga can be used as an effective preventative intervention for workplace burnout.

Yoga practitioners also reported relaxation, emotional balance and coping skills in the presence of tough workloads were improved. With less stress, employees will be able to function better, make better choices and perform better during the day.

A positive correlation between yoga participation and productivity indicates that the wellness intervention has value to the organization. Staff felt more physically flexible, mentally aware and emotionally stable which enabled them to concentrate for longer, complete work in a timely manner and control their work responsibilities. The findings remain a reminder of the importance of having health promotion activities as part of the culture, and not as a separate and isolated programme.

This positive correlation indicates that yoga can help enhance employees' satisfaction with their jobs, highlighting the importance of organizations investing in their overall well-being. Wellness programs communicate the organization's commitment, resulting in higher employee commitment, motivation and engagement. Increased satisfaction can also be related to reduced intention to quit, absenteeism, and increased organizational citizenship behaviours.

Yoga participation and teamwork is yet another example of the bigger organization implications of Wellness programs. Mindfulness, emotional awareness, patience and empathy are all promoted by yoga, which can lead to better interpersonal relationships and working relationships. A balanced employee will be able to deal with conflict in a positive manner and will have positive interactions in the workplace.

The regression analysis also showed that yoga participation was a significant predictor of employee productivity, despite the control of emotional well-being and job satisfaction. This discovery shows that there are direct and indirect impacts of yoga on organizational performance. Immediate benefits are the physical benefits of energy, concentration, stress management; and indirect benefits are the psychological benefits and increased employee satisfaction.

Managerially, the results highlight the need to recognize that corporate yoga programs can be considered strategic investments instead of activities that employees do for recreation. Organisations that provide structured yoga sessions, breathing exercises, meditation and relaxation are of particular interest as it will not only improve the health of the workplace but will also provide some staff positivity and increase productivity. This can also help lower the expenses incurred with stress-related diseases and absenteeism.

Overall, the study reveals that the inclusion of yoga in corporate wellness programmes translates to healthier employees, healthy relationships, increased employee job satisfaction and increased productivity of the organisation.

8. Conclusion

In corporate wellness, yoga has become a viable and viable alternative to enhance employee wellness and productivity in the organization. This research has revealed that the benefits of yoga extend beyond the physical workout and it also enables your mental toughness, emotional stability and physiological balance – for better at work performance. Regular yoga practice can make employees more adaptive to the stress of work, make them less tired, more focused and have a better emotional control, thereby enhancing their job satisfaction and work engagement. Structured interventions in Yoga are more likely to enable organisations to foster healthier, more motivated and resilient workforces from a productivity point of view. An increased feeling of wellbeing among employees is associated with reduced absenteeism, less presenteeism, better cooperation, better decision making and increased creativity. The results are beneficial to staff as well as to an organization's performance, innovation and competitiveness over time. The outcome also revealed that one of the main factors of achieving success in a corporate yoga program is in the execution. Programs should incorporate a diversity of physical capabilities, work schedules and the demands of work, to meet the needs of workers. Creating an environment where participation is encouraged and sustained engagement is maintained is largely dependent on leadership support, commitment to the organization and a culture within the workplace which is inclusive. Incorporating yoga into other wellness programs like mental health support services, ergonomic practices, and health education can further enhance the benefits. The importance of preventive wellness strategies is more vital than ever as technology influences the changing landscape of the workplace, hybrid work arrangements and the increasing pressures of the job. Yoga intervention is also proven and cost effective to help organizations help their employees attain general wellness, overall productivity and organizational performance. Thus, yoga for employees is not only a health initiative, it's a wise decision for the organization that can foster sustainable growth, resilience and positive business outcomes.

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