

One-on-One Personal Training

Some people desire one-on-one supervision for their personal growth and development. We offer individual yoga, meditation, and fitness classes at our premises or yours by appointment.

To help your clients, patients or employees achieve peak performance or to rehabilitate an injury, we can design a session specifically for the realization of personal goals.

Restorative Yoga & Meditation

Our programs in restorative yoga and meditation are highly effective in helping individuals manage chronic pain and in many cases eliminate it completely.

Ask us about specific programs that we can make available for particular health issues.

Children's Yoga

Yoga games, breath meditations and deep relaxation are wonderful models for improving a child's health and performance. Our children's classes are for ages 4 to 7 and 8 to 12 year olds.



Kapotasana posture

Contact us today for an assessment of your wellness needs!

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**Genesis-Tree of Life
Yoga & Wellness
102-19 Metropolitan Avenue
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www.genessociety.org**

Genesis Tree of Life Yoga & Wellness In-Reach Program

Benefits to Your Company

*Benefits to Your
Employees*



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Benefits to Your Company

- **Employee Retention** – keeping your employees happy keeps them working for you. By giving them more incentives, you keep your valuable people.
- **Less Sick Days** – recent studies have shown a decrease in sick leave for companies that have wellness programs.
- **More Productivity & Happier Employees** – increased employees' positive attitudes towards themselves and their careers
- **Smarter Employees** – increased mental acuity.
- **Less Work Related Injuries**
- **Employees are More Alert and Focused**
- **Improved Physical Capacity**
- **Improved Employee Attitude Toward Work**

Benefits to Your Employees

Yoga & Meditation helps to reduce muscular tension and to balance the autonomic nervous system. It provides freedom from mental stress and leads to the attainment of a tranquil mind, thus helping the immune system by limiting its reactions to stress and strain.

Practiced regularly, the body and mind are energized, and creativity and intuition are enhanced. Yoga and meditation are a systematic way of enhancing our innate talents in daily life.

Other Specific Documented Benefits

- Improved Body Image
- Reduced Chance of Heart Disease
- Increased Energy and Endurance
- Reduced Hypertension
- More Self-confidence
- Improved Stress Management

Yoga and Wellness Programs for your corporation or organization.

Classes in Yoga include:

- Pre-natal & Post-partum Yoga
- Joints & Glands Gentle Yoga
- Beginners Hatha Yoga I & II
- Intermediate Hatha Yoga I & II
- Vinyasa Krama Yoga
- Kundalini & Tantra Yoga

Meditation Program

- Guided Visualization
- Guided Relaxation
- Autogenic Training
- Guided Imagery
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Seminars:

- The Science of Breath
- Nutrition – the Sugar Blues
- Nutrition – Raw Foods and Enzymes
- Nutrition – weight management
- Nutrition – Food and Mood
- Introduction to Meditation
- Achievement Dynamics

These are a sample of our seminars. For a full list, please contact us at 718-544-5997 or e-mail to davidgenesissociety@gmail.com