

# Unfold Yoga + Wellness Case Studies + Testimonials

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**Unfold brings yoga + meditation to the workplace.**

Created by professionals, for professionals.

Feel better, work better.

# Case Study + Testimonials

## Program:

## 30-Day Gratitude Meditation Challenge

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### Overview:

- Unfold went to the client's office for four weekly on-site meditation lessons, all centered around the theme of gratitude.
- After learning a new technique each week, employees practiced a 5-minute meditation every day on their own.
- Unfold distributed a daily meditation tracker to all participants, defined goals and expectations for success, and collectively discussed solutions for potential roadblocks that may arise.

### Goals:

- Reduce stress, increase happiness, and cultivate a sense of calmness.
- Start a consistent meditation practice and make it a lasting habit.
- Learn what meditation is, how it works, and why it's good for your brain.
- Learn the science behind gratitude and why it helps you to be happier.

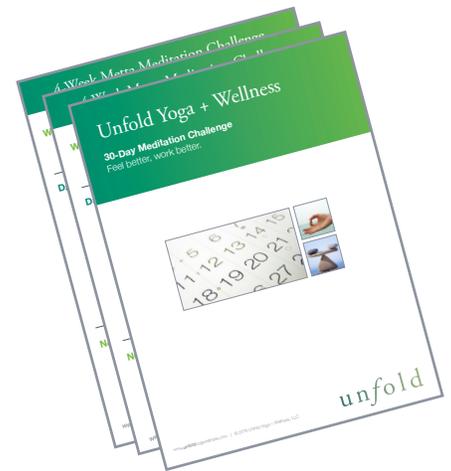
### Results:

#### After completing the program:

- 83% felt more calm.
- 92% felt better educated on how to manage stress.
- 75% felt happier.
- 100% intend to share what they learned with the friends, peers, or family.
- 92% intend to meditate on a regular basis.
- 81% would like to do the challenge again.

### Testimonials:

- "I loved it and wish it were longer."
- "Without a doubt, one of the best wellness programs that I've ever been associated with. Thank you."
- "I have never meditated before and I found this to be very helpful. I practice meditation at home now and it helps me re-direct my stress and tension and turn it into positive energy."
- "Great teacher, keep sharing your message and techniques."
- "I thoroughly enjoyed each class with Katie. I didn't know what to expect before I signed up for the class, and now I wish I could meditate with her every day. I would highly recommend her to anyone considering signing up for one of her classes."
- "Katie was great in providing a structured environment to teach meditation to those who have not experienced it before, although I meditate daily already there was some great information that I could use in my practice!"



# Case Study + Testimonials

## Program: Start-Up Package

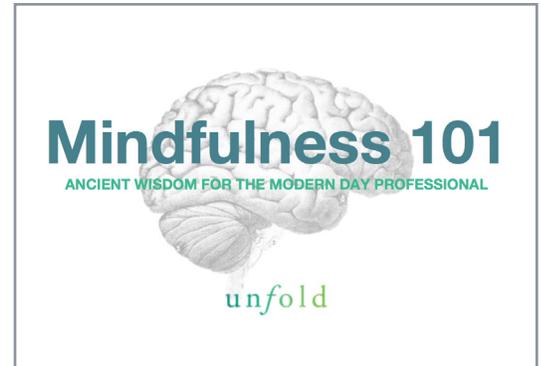
### Overview:

Unfold went to the client's office for two, 45 minute wellness sessions:

- **Session 1:** Mindfulness 101 Lunch + Learn Presentation
- **Session 2:** Desk + Chair yoga session (30 minutes) followed by a Meditate + Breathe session (15 minutes)

### Goals:

- Learn what mindfulness is, why it works, and how it helps you to be happier, healthier, and work better.
- Explore meditation and desk + chair yoga as a means to increase self awareness, feel better in your body, reduce stress, and improve posture.



### Results:

#### After attending the Start-Up Package:

- 91% have a good understanding of what mindfulness is and how it can help them.
- 91% will begin to pay attention to their body / posture throughout the day.
- 91% have learned how yoga can help them reduce stress.
- 91% have become more aware of stress and tension in their body.
- 82% will start to practice desk + chair yoga on their own.
- 80% want to start a meditation program.
- 70% want to start our Healthy Posture Program.

### Testimonials:

- "I absolutely loved this presentation. I would love to have Unfold Yoga + Wellness come back to the office on a regular basis."
- "The facilitator's knowledge and passion for what she does was evident and made the experience informative and enjoyable. Thank you!"
- "I truly enjoyed the session with Nicole. I felt comfortable with her and relaxed."
- "I found the instructor to be very knowledgeable and her instruction easy to follow. Thank you."
- "Great class. Really enjoyed it."
- "My experience with Unfold Yoga + Wellness was great. The presentation was so informative and the actual Desk + Chair Yoga is something I want to do all the time!"
- "I really enjoyed this session and will try to practice this daily."
- "Nicole's presentation was very interesting and informative. Very enjoyable!"

# Case Study + Testimonials

## Program:

### Desk + Chair Yoga - 8 Week Program

#### Overview:

Unfold went to the client's office for 8 bi-monthly Desk + Chair yoga sessions. This accessible class catered to all skill levels by using office chairs and desks to incorporate non-intimidating yoga poses and guided breathwork. This therapeutic approach focused on relieving ailments common to the office worker such as wrist strain, neck / shoulder tension, and low back discomfort.

Prior to the start of this program, 94% of students had never taken a yoga class.



#### Goals:

- Learn how to conveniently and safely practice yoga at work.
- Reduce pain associated with working in an office.
- Manage workplaces stress.

#### Results:

##### After 8 Desk + Chair Yoga sessions:

- 63% felt more flexible.
- 88% felt more calm.
- 88% felt better equipped to manage stress.
- 69% felt more energized.
- 56% felt more productive.
- 88% said they wanted to see this class offered again.

#### Testimonials:

- "I like [yoga] a lot. It let's us "reset" our brain and mind and relax, even for few minutes. :) Thank you!"
- "I've done yoga before, the difference with Unfold is I learned things I could do right at my desk in a very short amount of time."
- "With Katie and Nicole, yoga was fun and relaxing. A good way to relax the cramped neck muscles in an office environment."
- "Our company loved Unfold Yoga! It was such a fun escape from our stressful job and helped us manage stress in and outside of work."
- "AWESOME!"