

# BLACKMAT YOGA

W E L C O M E H O M E

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WORKPLACE AND SCHOOL BASED WELLNESS  
YOGA | MEDITATION | CONSULTING





# I AM AN ADVOCATE FOR RACIAL EQUITY IN WELLNESS, EDUCATOR, COMMUNITY BUILDER, CONSULTANT, AND YOGA AND MEDITATION TEACHER.

I believe that yoga and mindfulness is for every**body**, and that we should all be able to bring our whole selves to the mat and love ourselves on and off of the mat.

As a former educator I use my background in restorative practices, building culture, and the intersections of my identity to help people show up authentically and fully.

Let's face it, COVID-19 and the current cultural climate has changed everything. As a consultant, I use mindfulness and anti-racist practices to help organizations navigate everything from trust building, to conflict resolution.

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# LIFE IS DIFFERENT NOW AND WE ALL NEED SUPPORT

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Online, hybrid, and in person learning has created unique stressors for students, teachers, school leaders, and families alike.

Corporate culture has shifted as a result of COVID-19 and heightened awareness around racial injustice societally and in the workplace.

Mindfulness offerings not only communicate care for your teams, but can also give everyone the tools that they need to be aware of how they are showing up for themselves and for each other.

# BENEFITS OF MINDFULNESS & WELLNESS

## SCHOOL BASED

***Mindfulness programs can improve social-emotional learning and positive student academic outcomes.***

Butzer, B., Bury, D., Telles, S. and Khalsa, S.B.S. (2016), "Implementing yoga within the school curriculum: a scientific rationale for improving social-emotional learning and positive student outcomes", Journal of Children's Services, Vol. 11 No. 1, pp. 3-24.

***Yoga can improve focus, memory, self-esteem, academic performance, and classroom behavior, and can even reduce anxiety and stress in children.***

*Harvard Medical School* Harvard Health Publishing

***Mindfulness training helps to reduce stress, improve work efficacy, boost morale, and improve quality of sleep for educators.***

Jennings, P. A., Frank, J. L., Snowberg, K. E., Coccia, M. A., & Greenberg, M. T. (2013). Improving Classroom Learning Environments by Cultivating Awareness and Resilience in Education (CARE): Results of a Randomized Controlled Trial. School Psychology Quarterly, 28(4), 374-390.

## WORKPLACE

***77% of employees report health and wellness programs positively impact the culture at work.***

Aflac Workforces Report <https://www.aflac.com/docs/awr/pdf/2017-overview/2017-aflac-workforces-report-employee-overview.pdf>

***40 percent of workers say they are encouraged to work harder and perform better and 26 percent miss fewer days of work by participating in such [wellness] programs.***

Principal Financial Well-Being Index: [https://www.shrm.org/ResourcesAndTools/hr-topics/benefits/Pages/Wellness\\_EmployeeRetention.aspx](https://www.shrm.org/ResourcesAndTools/hr-topics/benefits/Pages/Wellness_EmployeeRetention.aspx)

***Companies with wellness programs see an 8% increase in employee productivity.***

"Wellness Is The New Luxury: Is Healthy and Happy The Future Of Retail?" – Forbes

# MINDFULNESS & WELLNESS OFFERINGS

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## MEDITATION & BREATHWORK

Guided meditations ground you in the present and unlock your awareness. Start your week with affirmations or clear your energy between meetings.

## CHAIR YOGA

Chair yoga is fantastic for yogis of every level. Practitioners experience the benefit of moving the body with the breath, with the accessibility and support of their chair.

## YOGA

Whether you are 6 or 60 years old, these yoga sessions are designed so that everyone can access the poses and their personal peace.

Create your wellness package with just one or all of these offerings!

# DIVERSITY, EQUITY, & INCLUSION CONSULTING

I USE MINDFULNESS AS THE TOOL FOR  
PROBLEM SOLVING. HERE'S THE PROCESS:

## DEFINE

We'll conduct a comprehensive culture needs assessment to define exactly what and where the issues are.

## ALIGN

We'll use your organization's values, strengths, and vision to determine the most sustainable and inclusive solutions, not quick fixes.

## EXECUTE

We'll use mindfulness practices, antiracist resources, and discussion protocols to create meaningful change.

"Eric took us through some breathing exercises and some meditation...We ended up working with Eric to get the Meaningful Conversations going... This is not something I see as an HR skill set. HR has been doing everything it can to *not* talk about this stuff for the last 40 years, so we needed some unique support to dive into this."

-Lori Bishop

**Publishing Concepts Chief People Officer**

# LET'S PARTNER TOGETHER TODAY

email [info@blackmat.yoga](mailto:info@blackmat.yoga) to schedule a consultation

