



## WELLCAST PROFILE

# Personal Technology for Reducing Workplace Stress

This WellCast was developed to counteract one of the most expensive wellness issues in the U.S. Stress in the workplace costs companies nearly \$200 billion dollars (*Forbes - January, 2015*). This WellCast explores the most pressing workplace stress issues and integrates them with simple yet effective Kundalini Yoga techniques. Employees will take a two week journey with Mahankirn, designed to introduce them to a “personal technology” that will enable them to reduce their stress levels and become more productive inside and out of work.

### Who's It For?

This WellCast is suitable for all employees. Nearly everybody experiences stress at work, to some degree. This WellCast exposes employees to a methodology that empowers them to better understand how stress “works” and how to deal with stress, both cognitively and physically. The physical requirements of the WellCast are minimal and it does not reflect any particular religion or spirituality. Employees can experience all of the WellCast right from their desk. Appropriate for employees new to yoga, as well as avid Kundalini Yoga practitioners.

### PROGRAM OVERVIEW

- ✓ 14-Day Program That Can Be Experienced at Work and Home
- ✓ Program Covers Major Drivers of Stress in the Workplace
- ✓ Introduces 20+ Meditative Techniques Designed to Counteract Different Stress Points



**Mahankirn**

INTUITIVE HEALER, YOGI, AUTHOR,  
CREATOR OF THREE MIN START®

Mahankirn is a leading innovator in the corporate wellness arena.

## WellCaster Stress Reduction Topics:

- |                        |                    |                     |
|------------------------|--------------------|---------------------|
| Efficiency             | Creativity         | Feeling Valued      |
| Communication          | Anxiety vs. Stress | Dealing with Change |
| Managing Workload      | Intuition          | Focus               |
| Neck and Shoulder Pain | Working Alone      | Lack of Time        |
| Goal Setting           |                    |                     |

## What Others Say?

“Mahankirn changed my whole life...in business you look for high levels of performance on all levels. Mahankirn’s techniques have helped me to be solid and focused during business meetings, and have allowed more creative ideas for solutions. Practicing them has also been a method to find questions about my life.”

— President of U.S Oil Company

