

## Just another relaxing day at the office?



### Executive Stretch

Stretch your body, stretch your mind, reach your goals

Executive stretch is a unique program developed by Ms. Palace to meet the needs of an increasingly stressful workplace, designed to be convenient, effective, and beneficial to the corporate employee. Yoga postures, breathing, meditation, and visualization are incorporated in custom designed programs for your business.

According to researchers from the Stress Reduction Clinic at the University of Massachusetts Medical Center, yoga in conjunction with meditation can indeed relieve stress and improve work performance. The clinic's clients report lasting decreases in both physical and psychological symptoms of stress, as well as increased ability to relax, greater enthusiasm for life, improved self-esteem, and increased ability to cope more effectively with stressful situations.

Other benefits can include:

- Improved flexibility, strength, and overall health
- Strengthened immune system, resulting in fewer sick days
- Increased energy, stamina and mental alertness
- Improved morale and positive thinking patterns in the workplace
- Improved productivity, efficiency and communication
- Increased concentration, memory and decision-making
- Increased job satisfaction

The American Institute of Stress estimates that over \$300 billion is lost annually due to absenteeism, diminished productivity, employee turnover and insurance costs. Executive stretch is the solution to this dilemma!

In the words of Swami Sivananda: "Health is wealth . . . If you do not possess good health you cannot prosper in any walk of life." Let's get wealthy!

Services	Clients
<ul style="list-style-type: none"> <li>▪ "Relax for Success" Seminars</li> <li>▪ Customized, interactive talks and workshops</li> <li>▪ Customized ongoing work-site classes</li> <li>▪ Executive Stretches at Your Desk</li> <li>▪ Private Employee/Executive Coaching</li> <li>▪ Keynote Presentations</li> </ul>	<ul style="list-style-type: none"> <li>▪ IBM</li> <li>▪ ISS (Internet Security Systems)</li> <li>▪ Datalex</li> <li>▪ Home Depot</li> <li>▪ Northside Hospital</li> <li>▪ Brian K. Nadolne Medical Practice</li> <li>▪ Private clients include physicians, attorneys, sales professionals and business owners and executives</li> </ul>



**Susan Fisher Palace**

Susan Fisher Palace is a nationally recognized expert on teaching relaxation and visualization as a way to achieve success in all areas of life: work, family, school, activities, health, ideal weight, and sleep.

Susan has taught her **Executive Stretch** program and **Relax for Success** workshops at IBM, ISS (Internet Security Systems), Datalex, Home Depot, Northside Hospital, YMCA, at numerous community centers, churches, synagogues, and schools. Her private clients include doctors, lawyers, sales professionals, and business executives.

Susan received her MBA from the University of Texas at Austin and worked in the healthcare field for 10 years prior to founding her business. She has numerous certifications and over 20 years of study in the field of mind/body health. Her internationally distributed audio CD called: KidVisions: Empowering Children through Relaxation and Imagination is used by health practitioners around the world. For more information, go to <http://cdbaby.com/cd/sfpalace>

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