

achieving balance



ease stress with Qigong

The American Medical Association notes that stress is the basic cause of more than 60 percent of all human illness and disease. It is also estimated that American businesses lose approximately \$200 billion per year to stress related productivity loss and related treatment costs.

But how can we ease the effects of stress at workplace?

Ancient Qigong techniques have the answer. Practicing Qigong enhances health, brings clarity of thought and improves concentration.

Benefits of this workshop include:

- Improved employee morale
- Greater efficiency and productivity
- Focus on goals and results
- Enhanced collaboration and teamwork

For more information on "Achieving Balance" workshop or to schedule a demo, please call Arda at 415.694.9097.

Arda Ozdemir has worked in finance for 20 years and is a finance executive in Silicon Valley.

In 2007, Arda learned Qigong from Master Zhao, who is one of the prominent Qigong masters of China.

After diligently practicing Qigong, Arda personally realized how these techniques helped him reduce his stress and achieve balance.

He created this workshop deriving from his personal experience to assist professionals to improve their productivity and achieve their goals.