



FOR IMMEDIATE RELEASE

Desk Yogi Announce On-line Corporate Wellness program for Avvo's 400+ Employees

Ojai, CA, November 15th, 2016— Desk Yogi, the Ojai-based company that offers wellness videos to benefit workplace happiness and productivity, announces company-wide implementation of its program with Avvo, a Seattle-based online legal marketplace.

In an effort to enhance the wellbeing of its 400+ employees, Avvo now offers Desk Yogi as a part of its wellness programs. Employees enjoy easy-to-access health training videos for health and fitness breaks throughout the work day.

“We are so pleased to be part of the Avvo health initiative to support their employees in feeling great,” adds Jacqui Burge, CEO Desk Yogi. “Our revolutionary service delivers a range of brief videos to build a habit of moving often throughout the day while at a desk. The guided tips for stress relief, exercise, and healthy food choices help Avvo to positively impact their employees with the goal of ultimately lowering their healthcare expenses.”

Numerous studies show that extended periods of sitting can be detrimental to one's physical health. In a recent 2016 study published by The Lancet, it concluded that inactivity costs the United States almost \$28 billion. In addition, long-term screen time can cause eye strain, while frequent keyboard and mouse usage can negatively impact wrists—and those are just the physical concerns.

Desk Yogi offers a LIVE 5 minute sample break with founder Jacqui Burge every TUESDAY at 10amPT and THURSDAY at 2pmPT on the Desk Yogi Facebook page. <https://www.facebook.com/deskyogi/> and on the members home page.

ABOUT DESK YOGI

Desk Yogi, recently named “New Company to Watch in 2016” at the Pacific Coast Business Awards, was founded in 2014 to deliver expert fitness, yoga, stress reduction, mindfulness, and nutrition videos specifically designed for

people who sit or stand at a desk for the majority of their day. The company's revolutionary system supports employees to become healthier and more productive with unique, non-disruptive streaming videos that improve overall health, productivity, and energy.

Desk Yogi subscriptions make video sessions to each member at their pace, in their space—to directly address workplace stress and body pain, whenever needed, in as little as 3 minutes. For more information, please visit www.desk-yogi.com.

Desk Yogi Social:

<https://twitter.com/deskyogi>

<https://www.facebook.com/deskyogi>

<https://www.instagram.com/deskyogi>

Desk Yogi Media Contact:

Firefly Media

Penny Guyon

penny@firefly-media.net

323-874-0776