



*Adelaide's bank.*

19<sup>th</sup> September, 1997

To Whom It May Concern,

I refer to Ruth Estelle and her initiative of "Working Yoga" within a workplace environment. We have been lucky enough to have completed one 6 week course and are about to commence another.

On a personal level, and with feedback from other participants, I can personally recommend this form of exercise as an integral part of any stress-management regime.

We commend the level of professionalism that Ruth maintains. She is always punctual and approachable and identifies the personal needs and the medical suitability of her participants to this form of exercise.

She is endorsed by our Management and Occupational Health, Safety and Welfare representatives and conducts the classes outside of work hours for the convenience of our staff.

In short, we recommend this workplace exercise as a cost-effective, healthy and stimulating way for your staff to reduce their stress levels in a non-threatening and relaxing atmosphere. If the response from your participants is like ours - we guarantee you will not be sorry!

I am more than delighted to speak personally with any organisation that may be considering the services of "Working Yoga" - to advise how we structure our classes and to answer any questions you may have.

Yours sincerely,

Jennifer Pilling  
Human Resources