

1 September 1998

To Whom It May Concern

I wish to comment on the Working Yoga classes that have been run by Ruth Estelle for Centrelink staff. We began by trialing classes for a six week block, once a week during the lunch hour, to gauge the interest of staff and the benefits to the participants and the organisation.

The classes are a great success. We have just completed 4 months of regular classes and they continue to go from strength to strength. Several staff from the Australian Taxation Office have recently joined us, and as a side benefit this has assisted with building good relationships between the two departments.

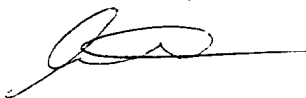
The benefits of the yoga classes are wide ranging. Individuals say they feel more relaxed, aches they have had seem to disappear and their flexibility has increased. They have a greater awareness of their body and posture, which is particularly beneficial in an office based environment. Managers have noticed an instant benefit following each class, as their staff are mentally and physically refreshed. Centrelink 's commitment to the program included a small subsidy towards the classes as recognition of its value to the workplace.

Without exception, the yoga participants have commented on Ruth's professionalism, on her excellent manner her skill as a teacher and her ability to work with each individual at their own level. Our classes have included pregnant women, people with bad backs, the fit and the less fit, the yoga novice and the more experienced. Ruth works effectively with them all.

Ruth is totally thorough in her preparation, planning and review. She is also adaptable and versatile and has accommodated our needs extremely well. It is with good reason that her business has succeeded for some years.

I enjoy both participating in the yoga classes and working with Ruth as a professional businesswoman. I commend Working Yoga as an excellent program to any organisation wishing to succeed with staff and their business.

Yours sincerely



Coral Hunt  
Project officer