



TO WHOM IT MAY CONCERN

Workplace Services (DAIS) has been using Working Yoga since February 2001 to conduct lunch-time yoga classes for staff.

This action was undertaken, at the request of Management, as a pro-active initiative to improve the general physical and mental health of staff.

Although the classes have been going for only four months, some 24 members of staff (roughly 18% of staff complement) are participating in one or both of the one hour classes, held at noon on Tuesdays and Thursdays.

The classes consist of two relaxation periods of approximately 5 minutes each, at the beginning and end of the classes, with exercises in between.

The fact that the number of staff making the effort to attend classes has been maintained over this time can be largely attributed to the quality of the instructor and nature of the program, which is suitable for all levels of fitness.

Some of the comments from a survey of our participants:

'Good personal attention – a great break from the busy workday'

'Returning to work so calm afterwards'

'I thought it would be much more passive! Work-wise, I feel much more in control, focused, calmer and surprisingly productive'

'Feel more flexible – a surprisingly active activity'

'I think my asthma has improved'

'Loosened up my back, improved mental health'

A handwritten signature in cursive script that reads 'Jock Smibert'.

Jock Smibert
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6 June 2001