

117 KING WILLIAM STREET  
ADELAIDE, SOUTH AUSTRALIA  
GPO BOX 1266, ADELAIDE  
SOUTH AUSTRALIA 5001

TELEPHONE:

FACSIMILE:

REFERENCE:

7 August, 2000

**To Whom It May Concern**

We commenced WorkingYoga classes on 23<sup>rd</sup> February, 2000 and have continued with the lessons to date.

The lessons are held once week during a lunch hour. The classes have been a great success with staff in relation to their personal fitness, relaxation and stress relief. Ruth caters to everyone's individual needs. We have an employee with Downs Syndrome and Ruth is very skilful in helping Kerri-Anne with her needs without taking any extra time away from the remaining members of the class.

Ruth provides HomeStart with Survey results after each block of 6 lessons. Ruth is always punctual and very caring to everyone's needs.

I would definitely recommend Working Yoga to any organisation with the view to maintaining staff Health & Well Being in the workplace.

Yours sincerely



Gary Storkey  
CHIEF EXECUTIVE OFFICER  
HOMESTART FINANCE