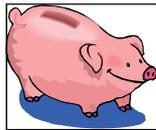


Saving money with Working Yoga...



Working Yoga tries really hard to provide a good service at an accessible price, while also paying the teachers reasonably.

At this time of rising interest rates and fuel prices, it is easy to think of dropping the 'extra' costs of living...so I thought it might be useful to provide a perspective on the value we hope you are getting from Working Yoga classes!

- A regular yoga practice very often results in less visits to chiropractors, physiotherapists, GPs, and massage practitioners as well as a reduction of some medications (though always in consultation with a health practitioner!). Yoga helps you to **manage your own health** effectively and cheaply.
- Although you are required to pay up-front for a term, you're welcome to send a colleague in your place so you can personally **recoup** the value of the missed class.
- If you have 16 people in your session you are paying just over **\$8 per class**...compare this to a yoga school charging a minimum of \$13 per class. A friend in Sydney said some schools are now charging \$18 for a casual 75 minute class!
- We come to you saving you the **fuel and parking costs** of driving to a yoga school or gym.
- Working Yoga provides **free learning resources** in the form of hand-outs.

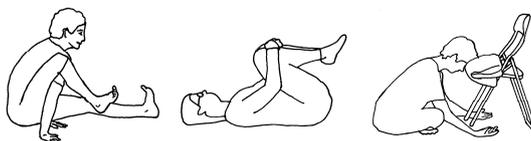
- Working Yoga provides receipts that you can present to your health fund for a **partial refund** (depending on your provider and level of cover).

When I was doing my market research before starting "Working Yoga", I was stunned at the results of workplace health programs. So if you need to persuade management to help with the cost of classes, tell them that **workplace health programs bring significant cost benefits**:

- For every dollar spent on workplace health programs, there is a minimum of \$1 return in terms of increased productivity, reduced absenteeism, and stress claims. The highest return that has been recorded is **\$11 for every \$1** spent on workplace health!
- Calmer, healthier, happier, **more productive** work environments.
- A healthier work/life balance.
- Increased camaraderie and cooperation between staff and divisions in workplaces.

Yoga has been helping stressed and aching bodies for over three thousand years. There is a huge wealth of knowledge there for those who seek it.

Working Yoga's aim is to help you to help yourself, without charging the earth! We think we're worth every cent and we hope you do, too!



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Sneaky Stress...

Having significantly reduced my (paid) work load since May this year, imagine my surprise when a naturopath recently diagnosed me as suffering from stress!

The indignity! I thought, as a bruise blossomed on my stress-managing-yoga-teacher's ego.

But as I listed the litany of subtle and not-so-subtle changes in my health, I had to agree with the naturopath. It all sounded awfully similar to the things my stressed students suffer from:

- Erratic sleep patterns
- Fluctuating appetite
- Mild but long-lasting headaches
- Subtle changes in skin
- Mild depression and anxiety

And my personal favourite...

- Miscellaneous crankiness!

What I couldn't understand is how I could be stressed when I wasn't **doing** anything!

My naturopath kindly reminded me that stress is just as much about mental strain as it is about 'busyness'.

While my stress levels had *decreased* on a physical level, they had *increased* on a mental level. Running a business from home, trying to make headway as a writer, raising a family, spending too many hours sitting at a desk or obsessing over creative ideas...all added up to more stress than I was accustomed to.

My empathy for my yoga students has increased ten-fold as I realised just how sneaky stress can be. It's dastardly and insidious and regular attention is needed to ensure that mild stress symptoms don't bloom into more serious health problems.

Happily, I have a new appreciation for the value of stretching, breathing, relaxing, inverting...taking time out away from the desk.

These things I know: life is a struggle; stress is sneaky...and, gee, yoga's good for you!



Ruth Estelle

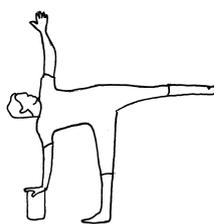
Moving into spring...

As we move through another change of seasons, remember that it's a common time for colds and flu to strike. When we 'let down our guard' wearing lighter clothes (particularly around the neck and shoulders) and then get caught out as the wind turns southerly, we are much more likely to get sick. Also, if you are working or living with sick people basic hygiene such as washing hands regularly, goes a long way to stop bugs spreading.



It's also important to start eating a little less, and to focus on lightly cooked greens, to help dispel any winter heaviness.

Balancing poses are great to practise during this time of change. And alternate nostril breathing helps us to keep calm with the 'quickenings' of spring.



A big thank you!

...to all those who help to make the workplace classes happen: organizing venues, moving furniture, collecting money, sending out emails, and liaising with Working Yoga...

THANK YOU!

Taken the day off work? Recovering from illness? Join Ruth's restorative class:

THURSDAYS

9:30—11am

At Barefoot Spirit Yoga

(Cnr 72 King William Road and Union St Hyde Park)

Check out:

www.barefootspirit.com.au

For other class times and workshop details.



Want to know where else your Working Yoga teacher teaches?
Contact:

ruth@workingyoga.com.au