

Companies Should Tackle Stress at Work with Lunchtime Yoga Classes

In salutation to National Stress Awareness Day, Bicester-based print managers, Webmart, offer weekly yoga classes for employees.



Webmart staff at their lunchtime yoga class

FOR IMMEDIATE RELEASE

[PR Log \(Press Release\)](#) – Nov 04, 2009 – Award-winning print management company, Webmart, who claim to live by the maxim, “do well and do good” are celebrating National Stress Awareness Day today with their first yoga class for employees at the Bicester-based office.

The yoga classes take place in Webmart’s calming “chill-out room”, which forms part of their brand new gym, equipped with self-powered exercise machines. All employees are encouraged to attend the weekly lunchtime sessions, which are conducted by a fully trained local yoga instructor.

Webmart’s Geraldine Lay, who organised the yoga classes, says, “I think it’s essential that companies provide opportunities like this for their staff. These days everyone’s multi-tasking and juggling so many things at once that they need some time out clear their minds, which can help to improve their performance at work. Increasingly there’s a stigma attached to the idea of taking a lunch break when there’s so much to be done, and providing yoga classes at lunchtime gives employees that well-needed chill-out time away from their desks.”

The International Stress Management Association (ISMA) is encouraging everyone to acknowledge National Stress Awareness Day and to think about how unproductive and demoralising stress can be. Acknowledging the things that put undue pressure on your life and then doing something positive and constructive to manage that pressure can cut stress off at its roots.

Yoga is been acknowledged to bring about stress relief due to combined techniques of controlled breathing, meditation, physical movement, mental imagery, and stretching.

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About Webmart

Third largest print management company in the UK, Webmart guarantee the cheapest print prices. Unique software provides access to real-time market pricing information and quality scores for all their suppliers, and a team of print professionals pass on these low print costs to Webmart’s customers. A carbon-neutral company, Webmart take their social and environmental responsibilities very seriously, donating half of their unearned income to charity.