

Yoga Control Stress

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THE STAR, Monday August 6, 2007 (By Sabry Tahir) MALAYSIA Airlines Engineer goes for yoga to de-stress

MALAYSIA Airlines aircraft engineer Boey Choong Peng took up yoga classes solely to ease his back pain. However, a few months after enrolling at the Yoga Franchise, he was hooked on the exercises that not only helped alleviate his suffering but brought other benefits as well. "I am stronger in my inner self and have gained better control of a stressful situation," he asserted.