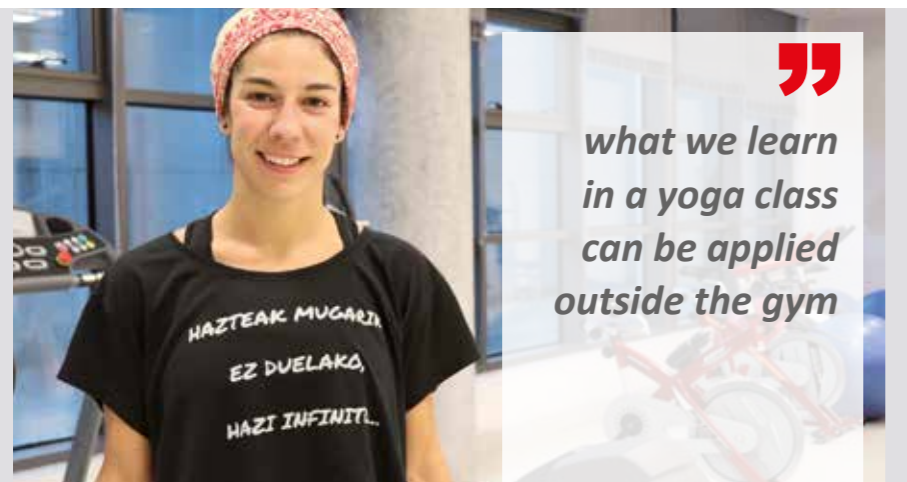


ULMA Group favours the balance between body and mind

Since April, ULMA employees have been able to participate in yoga sessions imparted by the ULMA Group gymnasium at noon. The teacher and four students relay their experience.



“
what we learn
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MIREN ZUBELDIA member of the “HAZI infinito” wellness centre of Oñati goes to the ULMA installations three times a week to teach relaxation techniques to our employees.

“I believe it is a great advancement and an unparalleled initiative on the part of ULMA since by offering their employees the opportunity to do yoga, they are also investing in their health and wellbeing. Apart from helping to create body awareness and achieve mental alertness, yoga sessions help us achieve more flexibility, strength, the ability to relax, improve posture, stability, concentration, ability to handle our stress as well as make decisions on ourselves and in others. This way we will gradually improve our health and be more relaxed as well as improve our general state of wellbeing.

Apart from learning breathing techniques that help us relax, reassure ourselves and fill up with renewable energy, we will also work on poses that will contribute to achieving balance and stretching our bodies as well as releasing

the tensions we have accumulated inside. We will also practice breathing, poses and meditation that will help us become more aware of our bodies both physically as well as mentally.

Additionally, everything we learn in a yoga session can be applied outside the gym. For example, the breathing techniques that we internalise can be used as a tool for managing the different situations we encounter in life.

The lifestyles we live nowadays make it difficult for us to stop for a moment and look inside us. Therefore, positioning ourselves in the different poses proposed in the yoga sessions can be complicated. Anyway, employees look forward to participating in the yoga sessions and arrive with a very positive attitude, and this, apart from being appreciated, is also very important when practising yoga”



What do you think about ULMA Group offering its employees the possibility of practising Yoga at its installations? What do you get out of these sessions?



DANIEL LAGUARDIA
ULMA Handling Systems

“I was very much looking forward to signing up for yoga, but I couldn’t due to my schedule. I live far away and I usually arrive home very late. I think it is great that ULMA offers us this opportunity. Before beginning the sessions at ULMA I had never practised yoga before. I get through the classes pretty well, but it is difficult for me to get into certain poses. Not all bodies are the same, nor is the flexibility each person has. But as Miren usually says: each one must do what is within their possibilities; we need to listen to our bodies. I have benefited a lot from yoga: I am very happy when I go to class and I also practice at home. Now I am much more flexible, I am not stressed out like before and I am also meeting other people in the group.”



IONE GURIDI
ULMA Central Departments

“Truthfully, I think it is awesome that ULMA offers us this opportunity. In the evening, after work, I don’t have much time or I can’t find the right time to participate in these activities. Having some time for myself at noon at least once a week is very good for me. This is the first time I have practiced yoga; I have just started and I am learning little by little. I have not yet been able to relax much but I come away happy. The hardest part for me is to coordinate the breathing and the steps to follow. I am so concentrated on following the steps that I am not aware of when I am inhaling or exhaling. If I am able to do everything; disconnect a little from work and have my moment, I believe this is something beneficial that will help me take a break from the daily workload. At the same time, it will be good for me to stretch and exercise different parts of my body.”



MIKEL ETXEBERRIA
ULMA Packaging

On the one hand, having the opportunity to participate in activities at noon is great to help me balance work and family life. Since I have kids I don’t usually participate in any activity, but since this activity takes place at noon it is easier for me to participate. On the other hand, I believe it is a good initiative to promote healthy habits among working people. This is the first time I have practiced yoga in a class. On a few occasions, I have followed a yoga for beginners tutorial on YouTube to do stretching exercises, but this is something else! At first, it is a little hard to get used to the breathing, stretching and poses. However, after class, even though we may have embarrassed ourselves a little, I leave feeling very happy and feeling like I have obtained good results. I have noticed some physical as well as psychological advantages: lower blood pressure and an increased sense of body awareness.”



AINHOA GALDOS
ULMA Construction

“I think it is great that ULMA provides us with this opportunity. This is the first time I have practiced yoga and I think it is a good opportunity to discover whether or not I like it. I am able to follow the classes pretty well. I am learning and looking directly at the teacher at all times, but am doing well. Miren explains everything to us step by step and she does not rush us. Although I have been doing this for a short time and however incredible it may seem, the truth is that it calms me down quite a bit. This is time I dedicate to myself!”