

The logo for Now Athletics features the words "NOW" and "ATHLETICS" in a bold, white, sans-serif font. The text is arranged in two lines, with "NOW" on top and "ATHLETICS" below it. The entire logo is enclosed within a white rectangular border, which is itself centered on a solid orange background.

**NOW**  
**ATHLETICS**

## **Now Athletics Advocates Use Of Yoga Mats In Corporate Environment**

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Providence, Rhode Island based company, Now Athletics, LLC, is advocating for the practice of yoga in the corporate environment. For instance, their Eco Tpe Yoga Mat, which is recommended for moderate yoga exercises, can even be used by executives for relaxation during a break.

"While some people might debate the appropriateness of allowing yoga to be practiced in a corporate environment, there is no denying that stress reduction is a key to human productivity," says Per Davidson with Now Athletics, LLC.

The company, with a website at [www.nowathletics.net](http://www.nowathletics.net), says that there is also no denying the fact that yoga can be introduced to the corporate environment with some success. They state that while yoga in and of itself is a good thing for executives to relieve stress, their particular mat is thicker and longer than many others on the market, making it a prime choice for those who want to realize how rewarding yoga can be.

"Imagine keeping a yoga mat stowed beneath your desk at work and taking a 15 minute break mid-morning, and another mid afternoon, to stretch and unwind tension in a few yoga poses. Many companies have

already discovered how beneficial this can be for corporate culture," Davidson states.

Yoga has been a popular stress relieving practice for centuries, and Davidson says that those in the corporate world can often feel stressed on a daily basis, making yoga the perfect practice for them. The combination of stretching and flexibility exercises helps to bring balance back to the body, which relieves anxiety and can help to promote a calmer, more peaceful feeling overall.

In addition to its longer length, Now Athletics states that its yoga mat is more cushioned than many others on the market, making it much more comfortable and more supportive to the joints for impact exercises, and the design makes it easy to clean.

The yoga mat is available now on the Amazon marketplace, where the company states reviews from customers can also be seen. Those interested in learning more about the yoga mat or about the company in general can visit them online at [www.nowathletics.net](http://www.nowathletics.net).

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### **Now Athletics, LLC**

*NOW Athletics is a supplier of eco-friendly sports equipment. We provide affordable sports and yoga products and we utilize environmentally friendly production methods.*

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