

The logo for NOW ATHLETICS is centered on a solid orange background. It consists of the word "NOW" in a large, white, sans-serif font, with the word "ATHLETICS" in a smaller, white, sans-serif font directly below it. The text is enclosed within a white rectangular border.

Yoga Mats Provider Stresses How Yoga Can Help Bring Balance And Sanity Back To Life

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Providence, RI business Now Athletics, LLC are making a concentrated effort to help people make their life more balanced and sane through the practice of yoga. To ensure people have the opportunity to do this, the company offers high quality, eco friendly yoga mats. Full details are available through the company's website on www.nowathletics.net.

"Ask anyone how they are doing, and nine times out of ten they will mention that they are busy," says Per Davidson from Now Athletics, LLC. "Modern life is, above all else, busy. But when people are busy, they become stressed, and stress leads to scattered thinking. By practicing yoga, people can bring balance and sanity back to their life, escaping the increasingly frantic and chaotic world."

Now Athletics is concerned with ensuring that people can achieve total wellness, which involves the mind, body, and soul. To do this, they have created their high quality yoga mat, which is used by individuals and studios across the country. But besides giving people the tools needed for yoga, they also work very hard at promoting the discipline itself, and its many benefits.

"It isn't just about giving people who already practice yoga the ability to do so comfortably," adds Per Davidson. "It is about making sure that those who don't yet practice it are encouraged to get a mat, and get started with some of the poses. Whether they do so in a studio or at home is fine, so long as they actually do it. The health benefits, both psychological and physical, of yoga are amazing and we want to make sure everybody is able to enjoy it."

Statistics have shown the negative health impact of stress. People are more likely to suffer strokes and heart attacks, for instance, and there is also believed to be a correlation between stress and obesity and with insomnia. Additionally, people who suffer stress-related burnouts often end up unable to work, which costs the overall economy a great deal as well. By practicing yoga, people can make a real difference to their lives and also in the lives of other people.

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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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