

# **We support the healthy lifestyle**

**2022 27 August**

On August 18 of the current year, the social department of Uzbekistan Airways, in cooperation with the Yoga Federation, organized a sports event among the employees of the airline. Yoga classes were held in the Central Eco-Park on the territory called "Island of Love".

Accordingly, it should be said without any doubt that: "A healthy mind in a healthy body". Today health is considered one of the main values of humankind. The situation around the world with Covid-19 has shown the role and importance of maintaining physical, psychological and social well-being. The main goal of this event was to increase an active and healthy lifestyle among the airline's employees. In total, about 25 employees participated, who left applications based on the announcement. The yoga class was conducted by a youth and sports specialist with the support of the Yoga Federation. The word "yoga" from Sanskrit means "harmony", "solitude" or "connection", and it should be noted that daily yoga classes help to normalize and strengthen the body. After a 40-minute yoga class and a series of exercises, the participants felt light and energized.

Seeing the positive results, the Uzbekistan Airways team decided not to stop and continue to organize this kind of sporting events in the future.