Healthy Lifestyle – Uzbekistan Airways’ Choice

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A healthy lifestyle is one of the key values of Uzbekistan Airways. The airline always strives to inspire its employees to take care of their physical and emotional well-being. Yoga sessions in the capital’s Eco Park have become a wonderful opportunity for employees to enjoy nature and engage in physical activity.

The initiative for this event was undertaken by the employees of the Social Policy Department of the Personnel Management Division in collaboration with the leader of the airline’s Youth Union, with financial support from the Trade Union Committee of Uzbekistan Airways.



Outdoor sessions allowed Uzbekistan Airways employees to relax, alleviate stress, and experience tranquility and unity with nature. In a yoga session, participants were guided through moderate exercises aimed at strengthening the spinal muscle corset and enhancing muscle and ligament flexibility, as well as improving movement coordination.

Employees expressed their gratitude to the organizers for providing the opportunity to practice yoga and take care of their health. Many of them noted that such events not only benefit them physically but also emotionally, improving mood and overall well-being.



Organizing yoga sessions in the Eco Park serves as a vivid example of how Uzbekistan Airways supports a healthy lifestyle and its employees' initiatives. The airline will continue to conduct similar wellness events to enhance employees' commitment to health and happiness.