

# How To Be Calm Under Pressure:



**Advance Your Career *Using Mindfulness***

**Januta Ribinskas**





## Why I Wrote This Book

Many years ago, I went through an incredibly challenging and stressful time. I questioned life and thought there must be more to life than feeling exhausted, unhappy and living in a stressed out existence. I had a lightning bolt of passion that set me on an inquisitive journey of making a positive difference in society. I wrote this book because I want to pass along my knowledge about how you can change your life as I did. I know I can help you as I have helped many others over the past twenty-five years.

I'm an experienced leader in my field and what I deliver and teach is proven; I know it makes an impact and positive difference in my life and the lives of the people and organisations that experience my work. My vision is to engage with as many people as possible, delivering the powerful concepts and techniques, which I know will make a positive impact on your life and society..

We live in a world that is defined by stress, sickness, fear, anxiety, depression, painful bodies and unhappiness, with glimpses of happiness. Through my life and professional experience, consulting in Human Resources and the Wellbeing Industry, I've found there are a lot of unhappy people. These people spend a lot of time at work not fulfilling their life or career purpose.

Individuals are capable of activating success and happiness, but many do not know how. I work with individuals, teaching them how to align and get to know themselves from within. These methods help reduce or extinguish stress and anxieties, and you learn to identify your passion and purpose. With my teaching, people learn skills to be happy, healthy, creative, and positively move with change. Change does not cause chaos because you learn to be in flow, which makes you sustainable at work and in your personal life. No matter what challenges you find yourself facing, with my methods you can activate your personal success.

*My work is done when I share my well studied and applied knowledge and techniques. My clients learn and refine the skills I teach them, often sharing these assets with others.*

*On a personal level, my clients experience success, health, happiness and joy. Careers are built and organizations boosted.*









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## 1. Becoming Neutral to Stressful People and Stressful Situations

When you start listening and understanding the language of words, body language, and emotional language, you become empowered. By applying balanced emotions through these times it leads to a neutral state. Neutral emotions don't mean no emotions. In adverse situations and with stressful people, you learn to very quickly realign and shift from stress to neutral. As a result you learn the skills to not absorb other individuals negative projections. Once you understand and apply these concepts to activate this awareness you are happier, healthier, more creative, and resilient.

### *Olivia's Story*

Olivia was a very successful senior woman in the male dominant financial services industry. After a promotion she became highly stressed, her new role involved setting up and developing new business services in international market across twenty-two countries.

The nature of Olivia's role involved high level performance and accountability. Being a woman in a senior level position produced a lot of politics, competitiveness, and pressure. Female colleagues were often jealous of Olivia's talent, making working with them as difficult as with her male colleagues. Olivia was dealing with lots of people who had control issues.

The power dynamics caused arguments and disagreements in management meetings, Olivia knew her asset was her knowledge in the field, she was highly capable and technically efficient, however the politics were draining her.

Olivia was so stressed, she didn't know who to turn to or trust. She was suffering headaches and losing weight. Her blood pressure and cholesterol were high even though she was very lean. She was unable to sleep at night, awake with worry about what others were saying and doing.

Olivia would get sick with cold and flu symptoms constantly, when she felt she was recovering the symptoms would all flair up again. Although she was earning a high figure income, she was losing her health and quality of life, and had started questioning her career path.

Olivia heard about Januta through her workplace. She had been practicing yoga, but it was not enough. Olivia met with Januta and attended the Management Team Workshop, "Being Neutral to Stressful People and Situations." As she continued with Januta's ongoing programs everything began to change dramatically.

As Olivia applied her newly learnt techniques, she gained greater awareness; Her results were outstanding as everything changed and she was able to relate differently to her internal and external clients.

By aligning herself from within, Olivia became neutral to stressful people. By remaining neutral, she was more in tune with these people and she was listening to them differently and not getting caught up in their stress and stories. This helped Olivia because she was able to avoid fighting against them or reacting to their stress, which would have otherwise caused her more stress.

These techniques helped Olivia achieve her outcomes without feeling intimidated by her peers or clients.

This was reflected in her relationships, job satisfaction and business results as they changed in positive ways. Olivia's career continued to evolve, she was able to create further opportunities and climb the career ladder. Her practice and application of her work with Januta produced great outcomes.



Olivia felt the immediate benefit of her work with Januta when she was promoted at work. Her Women's Group viewed Olivia as a role model with outstanding ovations. When she left her job, she was subsequently head hunted returning to her former employer as a highly paid consultant. Olivia was able to continue work in the international market, she had positioned herself as an invaluable asset based on the relationships she created whilst working inside the organization. The organisation needed to keep her, which allowed her a position of more freedom and moving into a self-employed consulting space.

By applying the right positive techniques and connecting back to yourself, you have clarity and calmness. You become solution minded, and as a result, bring coherence. So now, being more empowered, you are more successful and you can let go of all the negative hype. You do better and can embrace the positive emotions when you start excelling.

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## 2. The Physical Switch to Remaining Calm Under Pressure

The Breath is such an important aspect for improving all stress related ailments, even losing weight; However, 98% of people are unaware of how they are doing it. Breathing is just another thing that is automatic, it is the first thing we do when we are born and the last thing we do before we die. Most people half breathe; by not effectively utilising the respiratory system, we negatively affect energy, anxiety levels, posture, digestion, weight gain or loss, focus of attention, aging, anti-aging, and more.

### *Grace's Story*

Grace was in a role as Business Services Manager, with a team reporting to her and client liaison responsibilities she experienced high levels of anxiety. Before engagements and meetings with executives and clients her anxiety amplified, outwardly she seemed confident, however she felt the opposite on the inside. She cried all the time, crying herself to sleep almost nightly. She cried at work, hiding in the toilets, worrying her co-workers might discover her.

When people looked at Grace in a certain way, she thought she had done something wrong. She would be up half the night prior to presenting to the senior management team and clients. She would be exhausted in the morning and just somehow pulled it together. Her weight gain was really starting to bring her down and she was losing her purpose and inspiration. Grace was barely hanging in there at work.

Grace attended Januta's Corporate Personal Development Workshops, went on retreat led by Januta, and participated in the Transformational Breathing Intensives. These practices not only provided physical benefits, they changed the way Grace looked at life and her reactions.

Grace found herself dealing with stressful situations in a much calmer and more measured way. She used breathing techniques to overcome long standing problems, including travel anxiety and travel sickness. Applying the philosophies that underpin Januta's teachings continue to allow her to move through the world in a contented and positive way.

Grace feels she is now adding to; and creating a calmer and more positive work and personal life for herself and others. She has become a mentor and confidant for co-workers going through difficult times. She is able to be a sound ear, offering solutions, motivation, and inspiration. Since her engagement with Januta, Grace has won new large business accounts, she believes this is a direct result of her new found ability for building better relationships with her clients and coworkers.



### 3. Responding to Anger, Frustration, Self Doubt, Annoyance or Depression

Most people are constantly reacting to life's day-to-day situations with anger, frustration, and annoyance. These emotions overdone don't serve anyone well, lowering your immune system and can result in burnout, exhaustion and depression.

#### ***Nina's Story***

Over many years, Nina, a successful business entrepreneur in the fashion industry, was running on adrenaline. She had become burnt out and experienced major depression and suicidal tendencies, often reacting with anger. She was exhausted, frequently falling ill with stomach problems, headaches and recurring colds and flu, experiencing high levels of anxiety.

At work, Nina's sales dropped; although still selling, she was failing to sell the same volume she had successfully sold in the past. She was beginning to turn away customers and friends, her forward, consultative nature turning into an aggressive, desperate hard sell.

Nina struggled to rise from bed in the morning and was fighting with everyone, her world in tatters. She told to her grown children that she had forgotten how to smile, but wanted to know how to smile again.

Nina was in a desperate state, by chance she met Januta, she had a Discovery session and her blocks were identified and a plan was mapped for her to create a new way of experiencing life.

Once she applied the techniques Januta taught, Nina learned to look at things from a new perspective, and she was able to define what made her frustrated and angry. She began to experience her reality differently.

Nina's health improved as a result of her work with Januta, and she managed the remaining ailments differently;

She became more optimistic, opening up business in a new location and producing outstanding results. After many years of taking them, she successfully ceased taking antidepressants, feeling happier and more balanced than ever. (It's important to work with your medical professional before coming off of any medication)

Since completing work with Januta, Nina is highly optimistic about her future and no longer argues with people. She is finally smiling again and she's able to have a good laugh at herself and with others. Because of what she learned working with Januta, Nina has developed a love for life and has experienced how life can change so much when your perceptions about reality shift.

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## 4. Low Performance is Actually Over Thinking: It is Just a State of Mind

Being in a state of low performance is debilitating. It can affect work prospect and personal effectiveness. Comparing yourself with others and feeling not good enough is either a state of mind or a belief structure

### **Autumn's Story**

When Autumn was at home she was so busy trying to keep the house perfect as her mother did when she was a child, that she would quickly lose patience with her children. She would be hard on herself, feeling like she was an inefficient homemaker, parent and worker. When Autumn would drop her children at the early learning centre, she felt like she was being judged by the non working mums. She felt guilty as she thought they were thinking she should be a stay-at-home mum, like them.

When she was at work, Autumn felt she wasn't good enough in her role and constantly compared herself to others that appeared to be coping and doing a better job than her. She felt she was underperforming and afraid her job was at risk.

Autumn was in a negative loop, she was highly stressed, had issues sleeping and was putting on weight. She frequently experienced headaches, shoulder and back pain, and was often feeling low and on the verge of a breakdown.

Autumn began working with Januta. As a result of learning and applying Januta's strategies and techniques to reframe and focus her mind, Autumn found her work life balance. She can now manage her stress, has changed her perception, and feels good about herself.

Autumn has lost weight and is sleeping well. If she wakes, she has the techniques to go back to sleep and feel energised in the morning. She is now in a great job role that is fulfilling, and can now identify the thoughts and drop-off the stuff that was creating her anxieties, hence improving her performance.

Because she is now more confident about herself she is different with her children and she actively contributes to the team where she previously felt her views were not of value. She has learnt how to be happy, no matter what is going on. Autumn is empowered and feels confident to deal with the people and situations that once intimidated her.

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## 5. Choosing to be Anxious

Anxiety is a state of feeling and a by product of how you emotionally respond to the situations being delivered to you in life. You do have a choice in how you respond or behave in all situations. When you understand and become aware of what emotional state you are choosing, and have the skills to realign to a balanced emotional state your game play of life will change dramatically.

### ***Craig's Story***

Craig a Senior Divisional Project Manager, having started a new role, was desk bound. The pressures were on him to perform in this new position, he had big budgets to meet and the organisation's culture was of low moral. Craig began experiencing back pain, sore shoulders and neck, and anxiety, he found his pain and discomfort emotionally draining.

Craig had a team of fifteen staff who complained a lot, they were unhappy about changes happening within the workplace. Turnover was high and employees took extra sick days, as a result impacting the project deadlines being met.

Craig had heard that the staff undermined the last Manager, who lost his job. He was worried and the pressure was on to not only perform but also keep his team happy, he felt highly anxious most of the time. Craig pushed himself to work exceptional hours and not take breaks. He ended up with sciatica and a frozen shoulder from the desk bound job. He was exhausted and unhappy and his weekends were spent sleeping to recover.

This exhaustion and overwhelming anxiety affected Craig's personal relationships. He lost the desire to be intimate with his partner, to go out and socialise with his friends, he stopped enjoying the activities he previously loved. He did not have any energy and he wanted to be left totally alone. He had heard that meditation/mindfulness, as well as yoga, was good at keeping you mentally grounded, and great for improving back and neck pain and flexibility. He contacted Januta.

Following Craig's first Discovery Session with Januta, he attended the "Learn to be Calm Under Pressure" workshop at his workplace. Learning how to manage his emotions and redirect his energy, Craig was able to turn around not only his personal life, but also in the workplace. It was exciting to see the positive results for Craig and his team.

Craig changed the team culture in a more positive way, improving the performance of staff, subsequently reducing absenteeism and turnover. He saw how important it was for senior managers to take the lead to learn and retrain themselves using workshop techniques and concepts to improve workplace sustainability. He realised it was especially important to start with the management team as they were highly influential within the organisation.

Craig encouraged his team to go through a similar training program that started with a workshop. His team continued their engagement with Januta, ongoing programs for maximum benefit and change where implemented. This helped them to improve their performance and be able to move with change in positive and creative ways.

Craig's career has changed dramatically. Without exaggeration, not only does he feel and look so much better physically, his mental state is clearer and his life is happier and fulfilled. Stopping to smell the roses is something he literally does and his personal relationship has benefitted from this new found happiness and awareness.





## 6. Advancing Your Career During the Worst Times: How a woman lost 2 jobs, had a failed relationship, then reinvented herself and moved to the United Kingdom

The key to a happy life is realising that opportunities are always presenting themselves to you even through the most adverse times. Often these times are there as a wake-up for you to make your change. I call this, the gems in disguise. When you have a vision combined with clarity and focus, and you take action, your dreams become your reality.

### **Marla's Story**

Marla started as an assistant accountant quickly progressing into an accountant role. She was lacking confidence, often unwell, and stressed. Although Marla thought she was in a secure job and would stay with this international company for many years, climbing the ladder she was fearful and worried about her future. When Marla was retrenched she was shocked, extremely overwhelmed and devastated.

In addition to losing her job, the prospects of career change, Marla was also at an age where she was wanting to settle down. She was concerned about her inability to find the right partner, she began to doubt her self-worth. Physically, her back was giving her trouble, she had lost her purpose and focus in life, she had become demagnetized due to her lack of confidence and low self-esteem.

Marla did a one-on-one Discovery Session with Januta. She was now able to pinpoint her passion, change her mindset and focus on re-writing her career and life plan. She attended workshops including "Empower Your Life for Greater Success," "Emotional Intelligence," and "Work Life Balance." She started taking regular Yoga and participated in the "Transformational Breathing" Marla saw so much value in this program she has since completed five (5), ten (10) day programs.

Marla experienced great shifts in all areas of her life. Throughout this time she found a fabulous job in the facilities management industry. Now as a senior accountant she was able to have the career trajectory she had dreamed of, promotions extended her experience greatly and increased her job satisfaction and self-esteem.

It happened again, Marla was suddenly retrenched. She struggled to find another job, and feared falling back into old patterns. Although she felt more empowered by her emotional state this time around, Marla still began to doubt herself, she was still not fully happy in her personal life, her engagement to be married had recently ended, she was overwhelmed with everything else that was happening. Having previously experienced success working with Januta she booked in for personal sessions to fine-tune her vision and address some of her life blocks.

Marla was able to quickly apply her new vision, and reset her view on life, things started to calibrate.

Marla soon ended up taking a contract position, this work gave her flexibility, she could travel and through this finally met someone. By creating a new mental storyline, Marla was able to take control of her feelings of disempowerment, dissatisfaction and fear. She was able to secure new and satisfying employment and get married. She is currently expecting her first baby.

Marla has faith in herself, now knows what she wants out of life. She looks and feels like a different person than who she was before she began working with Januta. Marla is living her dream life.

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## 7. What to do about Tension, Aches, and Pains

Your body has it's own language and most people haven't a clue how to read or understand it. Getting to the end of the day and experiencing a sore neck, having back or shoulder pain, headaches and feeling exhausted is a strong sign that you don't understand your body's language. These conditions don't just happen, they are signals that tension is present. When tension is left untreated, it escalates to a level that impacts performance and mobility, translating into the symptoms described above.

### *Charlotte's Story*

As CEO in the highly competitive beauty industry, Charlotte, a highly successful woman with the drive to win and be the best, wasn't listening to her body. She was extremely motivated and would work non-stop, which meant sitting for long hours at her desk without a break. Charlotte was also travelling the world, which sounds exciting, but had detrimental effects on her physical health and body. Although she appeared to have a high capacity for all the hours of work and endurance, Charlotte's body started to stop.

Charlotte ended up with extreme shoulder, knee pain and immobilizing back pain. It got to the point that Charlotte was on the verge of needing surgery on her shoulder, she kept pushing through the pain when exercising and never stopped to rest with her business commitments. Through not listening to her body when it first started to speak to her, Charlotte's physical issues escalated. She was forced to stop work, and lost a lot of time she had to have physio and modified exercise until she was able to return to her job.

Through this unfortunate scenario of experiencing extreme pain, Charlotte had heard about mindfulness practices and how mindfulness could improve mental agility, sleep, and vitality. Paired with yoga she could also improve stress and physical ailments. She searched for various consultants to assist her, when she was referred to Januta they had a Discovery Session and together mapped out a healing plan.

Being a quick learner, Charlotte embraced the concepts and techniques taught by Januta to be more sustainable. She began applying emotional, mental, and physical intelligence practices into her daily routine. Once Charlotte became aware of her body's language, she was able to adjust her situation so she never went back to her past cyclic burnout routine. Charlotte now knew what to do to avoid old patterns and protect her body.

Charlotte rehabilitated her body and avoided the previously recommended surgery. As a result, she turned her pain experience into an asset by applying her newly acquired concepts and skills. She learnt to become healthier, vital, more centred, and more productive.

Charlotte was so happy with her progress that she referred Januta to her Human Resources Learning and Development Team. Understanding the organisations needs and proactively working with human resources to develop a Wellbeing Strategy, Januta was able to roll out a comprehensive Plan. Januta helped the organisation turn around their culture of stress and a high pressure, environment. The environment changed to that of flow and sustainability, individuals became happier at work, lifting moral, which activated their creativity, improved individual performance, and increased the company profit.

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## 8. How to Stay Calm so that you Become Mindful and Experience your Still Spot

Being calm and happy is infectious!!! When you are calm, people feel it. Your calmness has the power to positively impact those around you. Others want to share your calm, when they see how empowered, charismatic, healthy, and vital a calm person can be.

### *Noah's Story*

Noah is a wonderful person. He was a high achiever and sought after salesperson. He would win great client accounts, but took on far too much. He was a bit disorganised, often expecting his support staff to deliver proposals and other correspondence in unrealistic time frames.

Even though Noah had a great personality, he was sensitive and highly strung. Due to his stress energy state intensity his relationships would often fall apart. His ability to laugh and bring high energy would often dissipate the tension that was building in the air due to his disorganisation.

Noah's sales results could have been better, he lacked organisation and had a tendency to take on too much. As a result of his nervous energy, he would be vulnerable to sinus infections. He also suffered extreme migraines, this would spontaneously take him off the job for a couple days adding to his disorganisation and putting extra pressure on him and his team.

When he received the emails from his boss and clients wanting reports and proposals to be delivered within the timeframes expected, Noah would stress. By internalising his stress, Noah would make matters worse, it was clear he wasn't managing his time or health as well as he could.

Lucky for Noah, he had a Senior Manager who recognised his industry knowledge, saw him as a valuable employee and could see his potential.

When it came to performance review time, having experienced personal success with Januta's Executive Wellbeing Workshops and ongoing programs, Noah's Senior Manager recommended the "Learn to be Calm Under Pressure" as a crucial training program. The Senior Manager knew this would greatly benefit Noah and his team members, especially in the face of new and ongoing sales pressures and as future forecasting budgets become more demanding.

The Senior Manager had a Discovery Session with Januta. In the Discovery Session they identified and defined the specialised needs for the team. Januta designed a specific strategy of workshops and ongoing programs to suit their needs. The team went away for a three-day offsite retreat allowing time for the team to go through Januta's process most efficiently. The three-day retreat would deliver the results for each person and the team as a whole.

The process included going through different phases, including learning the concepts and techniques for visualising, and 'learning to win like an elite athlete'; Januta also taught Noah and his team integrative mapping and goal setting techniques. After Noah went through the process his career soared.

Noah became more organised, creative, calm, and more charismatic than ever. He build lasting relationships with his clients. People couldn't get enough of him. His health changed dramatically because he no longer operated on stress energy, he was now Calm and actively applied his mindfulness techniques. He went from strength-to-strength, his personal work paid off and he was eventually promoted to Director of Sales.

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## How to Work With Januta Ribinskas

You can contact me for a Discovery (“strategy”) Session. In the Discovery Session we will identify your key personal requirements. This initial session can be done via phone or video conference, followed-up with face-to-face meeting(s). After we identify your needs and desired outcome, a plan catering to your personal requirements or organizational needs is identified. Workplace bundles are available through workshops, retreats, and ongoing customised programs for your workplace, which I personally oversee.

### ***Staying Calm is Being in Flow.***

How to Work with You

Taster >> Phone Call Personalised:

Discovery Session to find out what is going on for you or your organisation.

Including but not limited to:

- Corporate Culture-Current initiatives
- Turnover of staff
- Workcover Cases eg stress leave, injury at work?
- Desired outcomes eg team building, Executive & Staff development to Improve performance, workshops, ongoing programs, retreats

The 3 things you will personally discover:

[First Steps > 1-2 sentences](#)

What are you wanting out of spending time with Januta > Clarity of End Goals and Problem Solving

[Second Step > 1-2 sentences](#)

Road Map what it is that you need in order to create your Goal

[Third Step > 1-2 sentences](#)

Timeline & Mind Map the Course of Actions to meet your Goals.

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## About Januta Ribinskas

Januta Ribinskas offers over 25 years' experience in Human Resources and the Health & Wellbeing Industry.

Over twelve years ago, Januta started Yoga Concepts and Executive Wellbeing for the Corporate market building on her long-term vision, and studying and discovering self-empowering wisdom knowledge. As a result of this she has enhanced the quality and sustainable performance of individuals and business towards success on all levels.

Januta consults in human resource management, delivers "Empower Your Organisation", "Master Class Series" of personal development workshops, organises local and international retreats. She teaches and incorporates her personally developed "The Knowing Flow"® Vinyasa Yoga Sequences, Mindfulness, Meditation, and her renowned 10x session Transformational Breathing Program.

Januta is regularly invited to speak and present for various events and conferences, features in the media, and writes for magazines and online health and lifestyle publications.

Companies utilizing Januta's Executive Wellbeing Collaborative Workplace Programs and Workshops have experienced a return on their investments.

## *Januta Ribinskas's Credentials*

- >> Januta Ribinskas offers over 25 years' experience in the Health & Wellbeing Industry.
- >> Senior Level Human Resources experience
- >> Diploma in Classical Yoga
- >> Psych-K®
- >> Creator of Leading Mindfulness, Meditation, and Movement, with a yoga focus
- >> Developed Executive Well-being for the Corporate Market.
- >> Runs Empowering Wellbeing personal development workshops local and international retreats.
- >> Speaks and presents at events and conferences.
- >> Featured in media, authors magazine articles and international online health & lifestyle websites.
- >> Offers Human Resources consulting.
- >> Teacher and personally developer of "The Knowing Flow"® Vinyasa Yoga Sequences, Meditation, and renown "10x Session" Transformational Breathing Program.



## What Others Say About Januta Ribinskas

“I’ve been participating in wellbeing workshops and Yoga classes with Januta Ribinskas over the past 7 years. I benefited quickly in my both my professional and personal life from the breathing, movement, and mindfulness techniques that Januta teaches, with the benefits increasing more and more over time. Through application of the techniques I have learned, my stress has turned to calmness and I have more energy for the challenging times. I am more focused, relaxed, and problem solving particularly is more intuitive and easier. As a result my overall health and sustainability are noticeably improved.”

**>> Sally Bourne, Senior Manager Bourne & Weir**

Januta Ribinskas came into my life 8 years ago. I work for a medium sized global company in a high pressured position. While I started yoga out of a desire for exercise, I very quickly learned that exercise is only one aspect of a yoga practise. The most benefit I have found from Januta’s “Knowing Flow” and “Executive Coaching” is that the physical benefits of yoga are merely side effects of the greater benefit of learning: about oneself, to become mindful of the thoughts/feelings that hold us back personally and professionally, staying in the moment and avoiding the “spin” of the corporate world and life. I’ve attended many Workshops, programs and an International retreat for Executives Januta ran four years ago.

Working in the corporate world can be all consuming. I have found it incredibly important to recognise when the “spin” is setting in and to be mindful of this. It is vital to be able to step back, look at a given situation clearly, in its own context, to let go of the past and to seek solutions in the present. I have found that on learning the skill to keep present I am able to much more easily identify solutions regardless of the complexity of the situation. Thanks Januta!

In the 8 years since starting my yoga practise and being coached and guided by Januta I have achieved 3 promotions in my work and have moved overseas to Europe in an expatriate capacity. Even being half way across the world from Januta I am able to practise yoga several times per week via Yoga Concepts Online and have access to guided meditation and wisdom knowledge. Additionally, Januta is always available for a chat to provide guidance and support, wherever and whenever needed.

I do not hesitate when I say that Januta and her unique style of yoga and “Executive Wellbeing” personal coaching have changed my life enormously in positive ways, improving my relationships, my work and career.

**>> Alison Arnot-Bradshaw Regulatory Affairs Director @ EMEA Ansell Healthcare**

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## Testimonial:

'I highly recommend Executive Wellbeing (Januta Ribinskas, Lead Practitioner) who has a standing relationship with ANZ since 2003 in providing a range of health and wellbeing solutions for executives and staff. This includes specific Executive development Workshops and the provision of ongoing Yoga and Pilates programs at ANZ sites. I have attended workshops and ongoing programs and find them extremely beneficial in balancing my work and family commitments. I have also been able to extend my practice after hours with the online website. This is very convenient - as a mother of three boys, each day is a challenge, and I find the yoga practice and philosophy an integral part of my existence. The meditation and audio elements of the online website enable me to switch off from the challenges of work and family at a time that suits me. Overall I have improved my performance through becoming, healthier, vital, positive, and more focused to move forward with the constantly changing work environment. I have learnt to identify stress patterns and become calm under pressure which has helped me be a more resilient person at work and personally.

**>> Ronice Jepson - Corporate Public Organisational Financial report Analyst Anz Banking Corporation**

Dear Januta,

I feel compelled to write, and share with you a heartfelt thank you.

Three months ago I embraced uncertainty and change, and left my senior marketing role in a high profile company to follow my heart. I told colleagues, friends and family that the plan was 'there is no plan.'

I struggled to explain to others what that means...their perceptions about my decision was difficult to process, as you know. The truth is, I do have the language to articulate what 'there is no plan' means, however as

you explained so well on Monday night, when others don't have the tools to comprehend, you cannot really connect on that level with them.

'There is no plan' was my way of explaining to the 'old world' that the plan was to go within. To create time and space within my life to connect with my true self, to listen to my heart and to build a new storyline for my life. If it were not for your teaching, and for the tools which I have learnt through yoga and transformational breathing I would never have been brave enough to do this.

When I reflect on where I was personally five years ago, I was physically broken by meningitis, crippled by fear over my neck injury and mentally exhausted from battling fear, doubt and self-loathing. As soon as external stress was presented, I had no energy to respond, to live.

Healing my body was only possible by changing my reality. Changing my reality was only possible by listening to my heart, letting go of old things which did not serve me and practicing present moment awareness. My body is strong now, but that is only because of my mind. Breaking out of that low energy, fear state has been the most liberating, profoundly life changing journey...one which I had no idea was even possible when I first reached out to attend one of your classes.

Before I came to yoga, I knew about asana practice...as many people do. However through the knowledge and teachings you have shared, I now liken asana to just one grain of sand ... you study that grain of sand when you're on the mat, but there is a point where you look up and you see a beach (your life) stretched out in front of you. The beauty of the view is overwhelming because you have everything you could ever need or want. Then you realise you can run along that beach, you can dive into the water and you can dance and laugh because you are free. That is what yoga feels like to me now.

To live now is to experience life in full saturated colour, when before it was through a filter of black, white and grey. My heart cannot thank you enough for sharing your knowledge, your love, and for helping me uncover a new, uplifted reality.

**>> Corina**

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