

Yoga for Business People: Lifetime Habit

Mr. La Forge (Yoga Trainer) suspects that because the mind-body exercises typically are easier to pursue, executives have a better chance of making a lifetime habit of them. To see if his hunch is correct, he launched a five-year study of 110 middle- and upper-level executives in companies in the US. He tracks their exercise habits and see if those incorporating mind-body techniques stick with the program longer.

Devotees say the mind-body exercise regimen has a payoff in the workplace, as well.

Barry Moltz, 36, founder and CEO of CHTech International., a mail-order distributor of computer hardware and software, started doing Yoga a year ago at the to balance the pressures of growing a business with starting a family. He still works out in a gym and commutes to work on his bicycle, but he also meditates in the half-lotus position for 15 or 20 minutes at night after his two young children have gone to sleep.

He says most of his friends, also in their mid-30s, have jumped on similar mind-body fitness tracks.

'I think the toughest part about running a company is that there are so many demands on your time. When I meditate, it really allows me to relax and focus all my energies in one place,' he says. 'Now when I'm involved in a meeting, I can be immersed in that meeting instead of thinking about 15 other things. And people really respond when you're totally focused on just them.'

The pressures of the job say you shouldn't be satisfied where you are today. You can never feel like you've achieved anything because it's very elusive. Yoga and meditation allows you to be happier and more effective in what you're doing now.