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Politicians praise for Precious Awards 2009



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Entrepreneur Patricia Exchie has been shortlisted for The Precious Awards 2009, for her business YogaStroken.com. She has been nominated for the Online Business of the Year Award, sponsored by The Sharan Project.

The Precious Awards celebrate the achievements of inspirational entrepreneurial women of colour who are running businesses in the UK. The Awards aim to recognise success and inspire other women of colour to launch their own business.

Of the Awards, Prime Minister Gordon Brown says, "The real heroes are all those BAME women who have blazed the trail and whose successes you are honouring this evening. I'm so sorry not to be with you, but I hope you all have a fantastic night. Very many congratulations to your winners, and I wish all those nominated and involved in these awards every success for the future."

Leader of the Opposition David Cameron says, "Last year's awards clearly made a lasting impression, and it's great to read the testimonies of those whose work was recognised. I am sure this year's event will be another memorable occasion."

Following her own struggle with a busy and stressful work life, Patricia Exchie established YogaStroken.com, providing yoga classes that promote a healthy work/life balance and reduce the stress of a hectic lifestyle.

"Stress affects everyone," says Patricia. "My aim in each class is for my clients to leave each session feeling balanced, relaxed and at peace. Yoga is such a powerful and empowering practice. It engenders positive feelings in all who participate irrespective of age, sex, size or ability."

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