



FOR IMMEDIATE RELEASE

***MOKSHA YOGA WINNIPEG PRESENTS:
The Return of Hip Hop Yoga!***

Winnipeg, Manitoba (May 19, 2009) -- It's time to take Philly D's 'Inspirational Hip Hop Yoga' to a whole new level at Moksha Yoga Winnipeg (MYW) with two special classes:

Saturday, May 30
Two 60-minute classes – 7:30pm & 9:00pm
Cost \$25 per class

This unique yoga experience has toured across Canada, and is now making its return to Winnipeg. Each class takes place in the heated yoga studio with live DJ-ing by Philly D, two MYW 'fly girl' teachers, and live artist creating art on canvas. When class is done, a draw will determine which lucky participant gets to take home the painting. Refreshments will also be served. Don't miss this fantastic evening of positive music, fun movement and great vibes.

The Hip Hop classes are pre-registered 'karma classes' with proceeds going to MYW's Challenge For Life walking team. All money raised in Challenge for Life events stays in Manitoba for cancer research and caring for cancer patients.

Register for the Karma Hip Hop classes at the MYW front desk (2 Donald St. Unit 7) or by phone (452-5535). Visa and Mastercard accepted. Registration is limited – so first come first served! Beginners to yoga are welcome!

ABOUT MOKSHA YOGA WINNIPEG

Moksha Yoga Winnipeg is a member of a group of independent hot yoga studios committed to ethical, compassionate and environmentally conscious living. Collectively they strive to communicate that yoga's benefits are limitless and accessible to all.

Moksha Yoga is more than a series of postures. It began with the vision of two individuals and has since grown worldwide with classes in Hong Kong, Taipei, England, Trinidad, Singapore, Thailand, the United States, and across Canada. The Moksha family evolves and flourishes with the ideas, hard work and support of every studio owner and teacher, and through devoted students working on bettering the world on a subtle level – one sweaty yoga class at a time...

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www.mokshayogawinnipeg.com