



FOR IMMEDIATE RELEASE

**MOKSHA YOGA WINNIPEG PRESENTS:
CANADA'S BIGGEST YOGA CLASS!**

***Participation by donation to Raise Funds for Free The Children
to Build a School in India***

Winnipeg MB (July 30, 2009) -- On August 8th, Moksha Yoga Winnipeg (MYW) is teaming up with charity partner Free The Children to raise funds through their biggest 'Karma class' ever.

The goal is to raise a minimum of \$8500 – enough to build a schoolhouse in Lai Gow, India. Currently in India there are over 214 million children from ages 5 to 14 who are engaged in child labour instead of going to school. By building schools in India, it is expected that children will begin to receive the education and free life they deserve.

MYW challenges everyone to come out and support the cause:

**Moksha Karma Yoga in the Park
Saturday August 8th @ 1:30pm (60-minute class)
Assiniboine Park's Lyric Theatre
Minimum \$5 donation – but you can donate more!
All proceeds go to Free The Children**

WHAT ARE KARMA CLASSES?

MYW is the only studio in Winnipeg to hold Karma classes, which raise money to give back to the community. MYW offers three Karma classes each week, with all proceeds donated to charity. Registration fee is minimum \$5 donation, but participants can donate as much as they want. Over the past two years, MYW has raised more than \$20,000 for local charities.

IMPORTANT LINKS

'Summer Karma' video: www.youtube.com/watch?v=nyLQQ6Rpy_U

Free The Children: www.freethechildren.com

Keith and Renee: www.keithandrenee.com

Moksha Yoga Winnipeg: www.mokshayogawinnipeg.com

More on page 2...

ABOUT MOKSHA YOGA WINNIPEG

Moksha Yoga Winnipeg is owned by husband-and-wife team Phil and Ryann Doucette, and is a member of a group of independent hot yoga studios committed to ethical, compassionate and environmentally conscious living. Collectively, these studios strive to communicate that yoga's benefits are limitless and accessible to all. They offer hot yoga in the form of moksha, moksha flow, hot flow and hot hatha, as well as daily yin yoga and ashtanga classes. MYW has three teachers who can be booked for private sessions of therapeutic yoga to help people move out of pain.

ABOUT FREE THE CHILDREN

Free The Children is the world's largest network of children helping children through education, with more than one million youth involved in our innovative education and development programs in 45 countries. Founded in 1995 by international child rights activist Craig Kielburger, Free The Children has a proven track record of success. The organization has received the World's Children's Prize for the Rights of the Child (also known as the Children's Nobel Prize), the Human Rights Award from the World Association of Non-Governmental Organizations, and has formed successful partnerships with leading school boards and Oprah's Angel Network.

MYW voted the #1 gym/studio in Winnipeg by Uptown Magazine!
www.mokshayogawinnipeg.com

- 30 -

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