



*FOR IMMEDIATE RELEASE*

**MYW CELEBRATES GRAND OPENING OF SECOND STUDIO  
AND UNVEILS CALM UNITY CAFÉ**

***Free Yoga & Smoothies During First Week!***

Winnipeg, Manitoba (November 11, 2009) -- Moksha Yoga Winnipeg (MYW) is proud to announce the **November 15 grand opening** of their second studio at **1090 Waverley Street**.

Double the size of their flagship Donald Street studio, the new Waverley location also features Calm Unity Café where customers can experience delicious and nourishing salads, wraps, smoothies and more. To celebrate the grand opening, they are running **free classes** and giving away **free smoothie samples** for the entire **first week**.

“We are thrilled to be opening our new location, and want Winnipeggers to come out and try the brand new studio at no cost,” says Ryann Doucette, who co-owns Moksha Yoga Winnipeg with her husband Phil. “The Waverley location offers many new services and a larger retail section including lululemon clothing. It’s a great atmosphere to come and hang out – we really hope people will enjoy.” Some of the highlights of the Waverley studio include:

- Daycare (Monday to Friday from 9:00am to 2:30pm – parents must call to preregister)
- Retail including lululemon apparel, Spiritual Gangster Tees, yoga gear, and more
- Calm Unity Café featuring wraps, salads, smoothies, baked goods, coffee and tea – all fresh, healthy and delicious foods!

Class passes will be completely interchangeable between both studio, offering students over 100 classes per week. People interested in checking out the new studio and trying a complimentary class can view the schedule at [www.mokshayogawinnipeg.com](http://www.mokshayogawinnipeg.com). During the first week, participants can also tour the daycare and meet daycare staff (daycare opens November 23).

**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.

***MYW voted the #1 gym/studio in Winnipeg by Uptown Magazine!***

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