

*****PRESS RELEASE*****

FOR IMMEDIATE RELEASE

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Not bendy? No problem: New yoga studio offers classes for every body

JUPITER – "I can't even touch my toes."

"I have injuries."

"My body doesn't look like those ladies on the cover of yoga magazines."

"Classes are too expensive!"

Yoga teacher Mary Veal has heard all the reasons why people aren't comfortable attending yoga class. In fact, as a curvy, former corporate worker with spinal injuries and arthritis, she can relate. That's why she decided to break down the barriers.

After managing Kula Yoga Shala for seven years, she has opened her own studio designed for real people to integrate a yoga practice into their everyday lives.

Green Tara Yoga, located at 661 W. Indiantown Road just west of Military Trail, will offer 32 classes a week for just \$10 each. The grand opening celebration for the area's newest studio will be from TK to TK p.m. on April TK. Free, ample parking is available.

"The hardest part of yoga is going to your first class, just making the decision to walk in the door," Veal said. "I want to make it accessible and affordable so everyone can give it a try, no matter your age, ability or background. Yoga is for everyone."

While continuing to teach the popular Monday night class under the banyan tree at the Jupiter Lighthouse, Veal will also be one of 25 diverse teachers on the schedule at the 1,600-square-foot studio, where hand-painted sacred murals cover the walls.

"Our teachers range in age from 20 to 68 years old, with many different backgrounds," she said. "We'll make it fun, with plenty of parties like glow and flow yoga, special rock and roll yoga and more."

Veal, who has been practicing yoga for 20 years and teaching for 10, specializes in therapeutic yoga for those with injuries, arthritis and chronic conditions. She also taught heavy metal yoga on Motorhead's Motorboat Cruise.

Class at Green Tara Yoga will be 75 minutes long. Styles include gentle, rock and roll and "kick ass vinyasa," as well as a 60-minute chair yoga class. Private classes and party rentals are also available.

Veal is also planning to lead trips to the Galapagos Islands, Mexico and India this year for yoga students interested in global adventures. Community service programs are in the works as well, she added.

"This is yoga for real life," she said. "It's not just exercise. Yoga helps you navigate life. This is why the classes here are so affordable: More people doing yoga is good for the whole community."

To learn more about Green Tara Yoga, log on to www.greentarayoga.com.