

FOR IMMEDIATE RELEASE:
October 17, 2007

CONTACT:
Bob Hornstein, 617-859-3036, ext. 28
bhornstein@pathwaysboston.org

**Boston's Yoga Community Comes Together for *Saluting the Spirit:*
108 Sun Salutations, a Benefit for Pathways to Wellness and YogaHope**

BOSTON –On Sunday, October 28, yoga enthusiasts of all ages and abilities will gather at The Sports Club/LA-Boston, 4 Avery Street, Boston, MA to participate in *Saluting the Spirit, 108 Sun Salutations 2007*, a yoga fundraising event for Pathways to Wellness and YogaHope.

From 9am until 3pm, twelve of Boston's best yoga instructors will volunteer their time to lead participants as they challenge themselves to complete 108 sun salutations, a dynamic sequence of yoga poses that honor the sun as a symbol of life and growth.

Renowned yoga instructors Ana Forrest and Patricia Walden have signed on this year as Honorary Event Chairs and will join a roster of local yoga instructors that includes: Glen Cunningham of Sadhana Studio; Lynne Beigier of Back Bay Yoga; Patrice Flesch of South End Yoga; Marc McDonald of The Sports Club/LA; Amy Leydon of Exhale; Bo Forbes of Elemental Yoga; Taylor Wells of Prana Power Yoga; Coeli Marsh and Chanel Luck of Baptiste Power Yoga Institute; Jodi Carey of All One Yoga; Renata Loree of The Yoga Spot, and Jarvis Chen of BKS Iyengar YogaMala.

All funds raised at *Saluting the Spirit* will directly support Pathways' AIDS Care Project, which provides free acupuncture treatments to people with HIV/AIDS and YogaHope's free yoga programs for underserved women in substance abuse recovery facilities and homeless shelters.

After the event complimentary refreshments will be provided by Blu restaurant. A wellness fair offering free acupuncture, shiatsu and massage treatments will be open to all participants and volunteers and lululemon, a maker of much sought after yoga clothing and accessories, will provide a trunk show after the event.

- more -

Those wanting to participate may register online at www.firstgiving.com/salutingthespirit. Additional information can be found at www.pathwaysboston.org or by calling Pathways to Wellness at 617-859-3036.

Now in its fifth year, Saluting the Spirit: 108 Sun Salutations 2007 is sponsored in part by The Sports Club/LA-Boston, lululemon, Kripalu, Life is Good, Yogitoes, Blu restaurant, Nine Zero Hotel, Bedwick & Jones Printing Inc, Project Design Company, City Sports, smartwater, and Luna Bar.

About Pathways to Wellness

For 17 years, Pathways to Wellness, a nonprofit public health organization, has provided equal access to high quality holistic therapies including acupuncture, shiatsu, and Chinese herbal medicine. Open to all people needing care, Pathways practitioners work collaboratively in a team environment and in conjunction with Western medical professionals to offer an integrated approach to care.

Pathways' AIDS Care Project provides free acupuncture treatments to people living with HIV/AIDS. Since 1990 Pathways/ACP has provided over 80,000 acupuncture and herbal treatments to people living with HIV/AIDS in Massachusetts, and now provides over 10,000 treatments each year.

Located at 1601 Washington Street, 3rd Floor, Boston, MA 02118, Pathways to Wellness can be reached at 617-859-3036 or bhornstein@pathwaysboston.org. Additional information on Pathways to Wellness' services can be found on its web site at www.pathwaysboston.org

About YogaHope

YogaHope is a non-profit yoga outreach program dedicated to establishing yoga programs in residential facilities for underserved women in substance abuse recovery, homeless women, and victims of domestic violence. YogaHope is committed to helping these women make positive, permanent and profound changes in their lives.

YogaHope's 40 volunteer yoga instructors now serve over 450 women by providing over 3,000 free yoga classes in homeless shelters and substance abuse facilities in and around Boston.

Located at 49 Melcher Street, Boston, MA 02210, YogaHope can be reached at 617-338-9642 or info@yogahope.org. Additional information on YogaHope 's services can be found on its web site at www.yogahope.org

###