

FOR IMMEDIATE RELEASE:
September 17, 2008

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***Saluting the Spirit: 108 Sun Salutations*, a Yoga Fundraising Event for Pathways to Wellness and YogaHope Returns in November**

BOSTON –On Sunday, November 16, 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*, 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.

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.

This year's roster of local yoga instructors includes:

- Jess Lopez of The Sports Club/LA, Boston
- Taylor and Phillipe Wells of Prana Power Yoga, Newton, Cambridge, Winchester, and NYC
- Roman Szpond of Inner Strength Yoga, Watertown
- Coeli Marsh, founder and teacher, The School Yoga Program in Cambridge
- Jane Cargill of Baptiste Power Yoga Institute, Cambridge
- Chanel Luck, teacher and founder of YogaThree
- David Vendetti of South Boston Yoga, South Boston
- Shawn Shaw of Metrowest Yoga, Westboro
- Rebecca Pacheco, yoga teacher and creator of omgal.com

After the event participants can receive free acupuncture, shiatsu and foot massage treatments in the event's wellness room and get a head start on their holiday shopping at our Yoga Marketplace.

Those wishing 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 sixth year, Saluting the Spirit: 108 Sun Salutations is sponsored in part by The Sports Club/LA-Boston, Kripalu, Life is Good, Wainwright Bank, Gilead Sciences Inc., Ameriprise Financial, Bedwick & Jones Printing Inc., Project Design Company, Yogitoes, Smartwater, and Luna Bar.

About Pathways to Wellness

For 19 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 Third Sector New England's Non-Profit Center, 89 South Street, Boston, MA 02111, 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

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