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Popular Famed YogaFit® principles outlined in updated book

Champaign, IL— Eight years after the release of the first edition of *Beth Shaw's YogaFit*, the woman responsible for the trademark combination of cardiorespiratory exercise and yoga poses brings more detailed instruction and content to the unique book. The upcoming edition of *Beth Shaw's YogaFit* (Human Kinetics, January 2009) expands on YogaFit's methods, providing a total-body workout that emphasizes strength, flexibility, and aerobic fitness.

Beth Shaw founded YogaFit in 1994, creating a program that addressed the difficulties yoga faced in the health club setting—bright lights, cold rooms, and clients of various sizes and fitness and flexibility levels. Since its inception, YogaFit has trained more than 50,000 fitness professionals and yoga instructors at facilities in the United States and Europe, and it has been integral to yoga's adoption in health club and spa programs throughout the world.

Shaw highlights YogaFit's immediate popularity among Americans who might be intimidated by conventional yoga. "While traditional yoga has much to offer, it isn't necessary to speak Sanskrit, chant, or even become vegetarian to enjoy the multidimensional benefits of this ancient practice," she explains. "Nor do you have to be flexible or familiar with any aspect of yoga. YogaFit will enrich your exercise program and your ability to enjoy life."

Beth Shaw's YogaFit, Second Edition, has been updated to include more in-depth instruction, illustrated poses, and focused workouts. Shaw also provides new information on warming up and cooling down, building core strength and stability, eating healthfully, and integrating YogaFit principles into daily life.

YogaFit promotes living a balanced life and is active in giving back to the community through outreach programs from their corporate headquarters and partner studios. To gain a certificate of completion, participants in the YogaFit Teacher Training must donate eight classes to a group of people who normally would not have the opportunity to take yoga.

For more information on *Beth Shaw's YogaFit* or other fitness books, visit www.HumanKinetics.com or call 1-800-747-4457.

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