

FOR IMMEDIATE RELEASE
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TV Segment Opportunity
EXCELLENT VISUALS

New Yoga DVD Features Spectacular View of Dallas Skyline
True Yoga With Leanne Encourages Students to “Awaken to Their True Potential”

What

Dallas Yogini, Leanne Hall, will guide students to a place of peace, joy and light with her new DVD, *True Yoga with Leanne: Awaken to Your True Potential*. This empowering DVD uses the Dallas skyline during the evening rush hour as its backdrop. This spectacular view reminds students of two things: (1) You can find peace and calm inside your heart in the midst of noise, chaos and hard work. (2) Although you are physically small, there is a Source within and all around you that is as big as the Infinite Sky.

Visuals

- True Yoga with Leanne will allow students to find peace, calmness and balance during and after a hard day of work.
 - The kindergarten teacher surrounded by energetic 5-year olds;
 - An executive chef in the middle of a hot kitchen with servers *screaming* for their orders.
 - An exhausted fireman in the depths of a fiery building saving homeowners and their pets.
- Interview the star of the True Yoga, Leanne Hall, against the spectacular view of the Dallas skyline.
- Clips from the True Yoga with Leanne DVD

The Media is Invited: True Yoga with Leanne DVD Release Party

19th floor of Mondrian Cityplace

Saturday, June 3, 7 p.m.

Preview the True Yoga with Leanne DVD; a special guided meditation; refreshments; and a performance by singer/songwriter, Courtney Fairchild.

Other Segment Ideas

- Tired of the corporate world? How Yoga can be used as a vehicle to realize your inner most dreams and give you empowerment to achieve those goals. Leanne Hall went from a career in advertising to a yoga master.

- The importance of challenging yourself to grow and to not become complacent in your workouts. True Yoga Inc. will empower the student to go beyond what they think they are capable of achieving.
- Summer yoga workout tips from Leanne Hall.

True Yoga DVD

- Uses beautiful music from renowned musician, Krishna Das.
- Comprised of three yoga practices that will awaken students to their true potential physically, mentally, emotionally and spiritually: Beginner (50 minute); Intermediate (50 minute); and Advanced (75 minute).
- Includes special guided relaxations to help students de-stress and unwind into a state of ease and peace.

Leanne Hall

Leanne Hall began her professional career in advertising after graduating from Ohio University in 2001. That same year, she took her first yoga class and has been on an incredible journey of transformation and wellness. Today Leanne is a graduate of the Tony Robbins Mastery University program and owns True Yoga Inc. The word True, in True Yoga is an acronym to mean, Truth Resides Universally in Everyone. Leanne's vision is a world where people are living their true potential, their Divine-purpose and radiating true health in their body, mind and spirit. Leanne's journeys have taken her to study and learn from some of the most famous Yoga Masters and wellness experts including Baron Baptiste and Deepak Chopra. For more information, visit www.trueyogainc.com.