

FOR IMMEDIATE RELEASE

LIZ OWEN TO TEACH WELLESLEY COLLEGE'S FIRST CONTINUING YOGA CLASS

***Popularity of Yoga Among Students Results in Expansion of Fall Semester
Yoga Course Offering***

August 30, 2004, Arlington, MA – Liz Owen, one of New England's premiere yoga teachers and the pioneer of the practice of Yoga Lila (leela) or divine play, today announced that she has joined the Physical Education Department of Wellesley College to teach two Iyengar yoga courses, a beginning class and Wellesley's first continuing class, starting with the Fall semester Physical Education classes on September 13, 2004. This offering is a for credit course which satisfies Wellesley's two course Physical Education requirement. The high level of interest among Wellesley students has resulted in the offering of additional courses, not only of beginning yoga, but two additional sections of continuing yoga as an enhancement to their offering of fifteen Physical Education courses.

"Iyengar yoga is one of the best forms of physical activity and it's proven ability to decrease anxiety and enable relaxation as well as to help with back and neck pain makes it an important offering for Wellesley College and our students," said Louise O'Neal, Director of Athletics, Wellesley College. "Liz's over 20 years of yoga experience and her dynamic and challenging teaching style, which is always respectful of students' individual abilities and needs, made her the obvious choice."

Liz Owen has studied and taught yoga for more than 20 years. A practitioner of the Iyengar form of Hatha Yoga, she pioneered the practice of Yoga Lila (pronounced leela) or divine play, which introduces elements of joy and freedom into yoga practice. She is a certified Iyengar teacher having learned from world-renowned teacher and Iyengar pioneer B.K.S. Iyengar, is registered with the Yoga Alliance as a teacher at the 500-hour level and has trained in Feldenkrais Awareness through Movement and the Reiki path of holistic healing. In addition to teaching at Wellesley College, she teaches workshops, clinics and private sessions throughout New England and internationally and teaches weekly classes in Arlington, Cambridge and Martha's Vineyard.

"A significant portion of the 15 million people that have used yoga are college students because let's face it, college is stressful and this is an excellent way for students to help combat the stress of their studies. My goal is to teach Wellesley's students to learn yoga relaxation techniques that they can use not only now but throughout the course of their lifetime," said Liz Owen.

The Iyengar yoga courses taught by Liz Owen at Wellesley College will begin on September 7, 2004. For more information visit www.wellesley.edu or www.lizowenyoga.com.

About Liz Owen

Considered one of New England's foremost yoga experts, Liz Owen has studied yoga for more than 20 years, has taught for 14 years and is registered with the Yoga Alliance as a teacher at the 500-hour level. A practitioner of Hatha Yoga, she pioneered the practice of Yoga Lila (pronounced leela) or divine play, which introduces elements of joy and freedom into Hatha Yoga practice. She is also a certified Iyengar teacher and has trained in Feldenkrais Awareness through Movement and the Reiki path of holistic healing. For more information, visit www.lizowenyoga.com.

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