



PRESS RELEASE

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For Immediate Release

Awakened Yoga Studio to Hold Free Yoga Class on the Plaza of Sugar Land Town Square

September 2, 2010 (Sugar Land, TX) – Awakened Yoga Studio will hold a free yoga class on Sugar Land Town Square this Labor Day, Monday, September 6, 2010 at 9:30am. “We are excited Awakened Yoga chose to host this free class for the community on the Plaza of Sugar Land Town Square,” said PCD Management Executive Director Wende Lewis. “What better way to celebrate a day off of work than to learn to relax with yoga.”

Awakened Yoga Studio, along with over 50 other Houston area studios will hold free classes on Labor Day as a way for people of all ages and fitness levels to try yoga for the first time or try a different style of yoga along with family and friends. This is Houston’s fifth annual event celebrating National Yoga Month in September.

“Awakened Yoga Studio is excited to bring more yoga to Sugar Land and we hope that people will take this opportunity to experience the physical, mental, and spiritual benefits of practicing yoga! By holding our class on the Plaza of Sugar Land Town Square, we hope to give yoga more visibility in our city.” said Grace Kubecka, owner of Awakened Yoga Studio.

More information about this event can be found on Awakened Yoga Studio’s website:

www.awakenedyogastudio.com.

About Awakened Yoga Studio:

Awakened Yoga Studio is located in the popular Sugar Land Town Square shopping center. The studio offers daily yoga classes in multiple yoga disciplines, kids yoga, pre-natal yoga as well as special workshops and private lessons. In addition, the studio offers a boutique with high-end yoga apparel, quality yoga gear, natural products and inspirational gifts.