

Happy Tails Yoga

A Cause for Paws

FOR IMMEDIATE RELEASE

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Happy Tails Yoga Class Schedule Announced

Attend a Yoga Class and Help Benefit Animals with the NJSPCA

New Jersey – January 22, 2009 – Happy Tails Yoga proudly announces their schedule of charitable classes throughout the state.

For those unfamiliar, the premise of Happy Tails Yoga (www.happytailsyoga.org) is simple: during the month of February yoga teachers donate their time, attendees donate their money. Happy Tails Yoga then turns over 100% of the proceeds to the NJSPCA (www.njspca.org). The following schedule has been announced*:

| Yoga Teacher | Studio/Place | Type of Yoga | Phone # | Town | Date | Class Time |
|------------------------------------|---|--------------------|--------------|--------------------------|---------|-------------------------|
| Amanda DeBurgos-Milstead | Dragonfly Wellness Studio | Kripalu/Gentle | 609-465-4200 | Cape May Court House, NJ | 2/1/09 | 9:30 a.m. - 11:00 a.m. |
| Dina Furman Lampe | Yoga by Dina | Vinyasa Power Flow | 610-630-1304 | Eagleville, PA | 2/4/09 | 8:00 p.m. - 9:00 p.m. |
| Justin Marx & Gary Palisch | Yoga Center of Medford | Drumming Circle | 609-654-9400 | Medford, NJ | 2/6/09 | 7:30 p.m. - 8:30 p.m. |
| Carly Porrello | Joann's Dance Studio | All Levels | 732-726-0002 | South Plainfield, NJ | 2/8/09 | 11:00 a.m. - 12:15 p.m. |
| Eloise Sicora | Pilates Connection | Pilates Open Mat | 908-725-2400 | Somerville, NJ | 2/8/09 | 10:00 a.m. - 11:00 a.m. |
| Tiffany Twardowsky | Paws-itive Pet Services LLC | All levels | 973-983-9554 | Rockaway, NJ | 2/14/09 | 9:30 a.m. - 11:00 a.m. |
| Nicole DiSalvo Billa | Devotion Studio | Vinyasa | 201-610-YOGA | Hoboken, NJ | 2/14/09 | 1:00 p.m. - 2:00 p.m. |
| Tiffany Twardowsky | Spa Lady | All levels | 973-983-9554 | Lyndhurst, NJ | 2/15/09 | 12:00 p.m. - 1:15 p.m. |
| April Eichhorn | Califon Yoga Studio | Multi-Level | 609-458-8732 | Califon, NJ | 2/22/09 | 10:00 a.m. - 11:30 a.m. |
| Tiffany Twardowsky | Spa Lady | All levels | 973-983-9554 | Fairfield, NJ | 2/22/09 | 12:00 p.m. - 1:15 p.m. |
| Tiffany Twardowsky | Paws-itive Pet Services LLC | All levels | 973-983-9554 | Rockaway, NJ | 2/24/09 | 6:45 p.m. - 8:00 p.m. |
| Eloise Sicora | Yoga Central | Core Fusion Yoga | 908-707-0759 | Branchburg, NJ | 2/27/09 | 7:00 pm to 8:15pm |
| Karen Manette Bosna | Yoga Cape May | Yoga Dance | 609-465-8747 | Whitesboro, NJ | 2/28/09 | 1:00 p.m. - 2:30 p.m. |

**More classes may be added. Please check website.*

For those who cannot attend a class but would like to make a monetary donation, NJSPCA is in the process of creating a donation link on their website, www.njspca.org, specifically for Happy Tails Yoga. You can also mail checks made payable to NJSPCA to:

Happy Tails Yoga

c/o Tiffany Twardowsky
PO Box 53
Rockaway, NJ 07866

It's not too late for interested yoga teachers to donate their talents. Anyone with available time or facilities can register at the Happy Tails Yoga website: www.happytailsyoga.org or by contacting Twardowsky directly at 908-305-6006. The deadline to register has been extended to Friday, January 30, 2009.

"I've learned through my work with the NJSPCA that tough economic times hit animals as well," stated Twardowsky. "Families can no longer afford to keep their pets when incomes are cut and shelters are not receiving the same donations they were. I encourage everyone to donate their time by teaching or attending a class and help make a difference to a loving homeless animal!"

About Happy Tails Yoga

Happy Tails Yoga was established by three New Jersey yoga teachers trying to make life better for these animals. Dina Smodlaka of Colonia, NJ, Carly Porrello of South Plainfield, NJ and Tiffany Twardowsky of Rockaway, NJ discovered a strong connection to animals when sharing stories and photos of their own pets. Wanting to share their love of animals and yoga with the community and do some good, they established Happy Tails Yoga determining the New Jersey Society for the Prevention of Cruelty to Animals would be the charity of choice.

About the NJSPCA

The New Jersey Society for the Prevention of Cruelty to Animals was created in 1868 and is the second oldest SPCA in the country. Its agents were established as Law Enforcement Officers in charge of investigating and prosecuting all persons involved in animal abuse and neglect.

Their mission today is the same. Through the tireless efforts of highly trained and professional law enforcement personnel, they are making a difference...one animal at a time.

In addition, they are committed to educating the public on responsible pet ownership. The NJSPCA is funded solely by donations, grants, bequests and fines levied. It receives no government funding or tax dollars.

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