

Happy Tails Yoga

A Cause for Paws

FOR IMMEDIATE RELEASE

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Kinnelon Library Puts You In “Position” To Stop Animal Cruelty

Kinnelon, New Jersey – May 16, 2011 – Kinnelon residents, you are being called upon to stretch, reach and bend into your best cow, dolphin, eagle and downward facing dog pose to benefit New Jersey’s abused animals.

On Tuesday, May 24th from 6:30-7:30 pm, Energy in Motion will be hosting a Happy Tails Yoga (www.happytailsyoga.org) class to benefit the New Jersey Society for the Prevention of Cruelty to Animals (www.njspca.org) at the Kinnelon Library (www.kinnelonlibrary.org) meeting room.

The premise of Happy Tails Yoga is simple: during the month of May yoga teachers donate their time by teaching classes, locations donate their facilities to hold the classes and attendees donate their money to take these classes. Happy Tails Yoga turns over 100% of the proceeds to the NJSPCA to benefit mistreated and neglected animals (almost \$5,000 to date).

Happy Tails Yoga was established in 2008 by Energy in Motion LLC (www.einmotion.com) and Rockaway, NJ resident Tiffany Twardowsky as a way to combine two of her passions: yoga and animals. "Yoga is the country's fastest growing exercise. There's so much good energy and so many good people in this community. Nobody was combining the good of yoga for the good of animals as a way to raise funds," stated Twardowsky.

Librarian and events coordinator Maryellen Liddy added: “We are always looking to provide our patrons with new classes and a way to better the community. The great thing about Happy Tails Yoga is that it allows attendees to do both. It’s truly a win-win for everyone.”

Participants interested in taking a class, but cannot make the May 24th one can visit the “schedule” section on the Happy Tails Yoga website and are encouraged to check back often as classes are constantly added. For those who cannot attend a class but would like to make a monetary donation, NJSPCA has a donation link on their website, just make a note it’s from 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

Questions can be directed to Maryellen Liddy of the Kinnelon Library at 973-838-1321 or Tiffany Twardowsky of Energy in Motion at 973-983-9554.

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