

Happy Tails Yoga

A Cause for Paws

FOR IMMEDIATE RELEASE

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Rockaway Based Energy in Motion
Answers Ohm of Happy Tails Yoga
Raises over \$600 Benefitting NJSPCA

Rockaway, New Jersey – March 17, 2009 – Rockaway based Energy in Motion, LLC (einmotion.com) is pleased to donate over \$600 to Happy Tails Yoga and its beneficiary New Jersey Society for the Prevention of Cruelty to Animals (NJSPCA).

Happy Tails Yoga: A Cause for Paws (www.happytailsyoga.org), a New Jersey based organization driven to raise funds for the NJSPCA, asked yoga instructors and studios to donate their time, talent and location to hold donation-only yoga classes during the month of February. Energy in Motion president and owner Tiffany Twardowsky donated her time and talent with four classes in Northern New Jersey. Her efforts resulted in over \$600 being raised by the enthusiastic attendees.

Attendee Jackie Danyluk of Randolph had this to say regarding the Happy Tails Yoga experience: “I really liked the concept of Happy Tails Yoga: take a yoga class with Tiffany, a terrific instructor, and help wonderful animals at the same time. Since we had so much fun, I would definitely participate again!”

Keeping with an animal theme, Twardowsky took the class through various yoga poses named after animals such as downward facing dog, camel, pigeon and cow face. “I felt personally connected to the event by doing fun poses like cat/cow, pigeon, and my favorite, cow face,” said Christine Grasso of Rockaway. Each pose was integrated with the breath allowing the body to relax and sink deeper into the stretch. Students not only reaped the physical benefits of yoga but left calm, de-stressed and with a positive outlook.

Throughout the class Twardowsky offered readings about animals. Students learned how animals communicate, show their emotions, and desire to be happy and free from harm. “My favorite part was the readings that were done during the class which focused all of us on the reason we were there - to make a positive difference in the lives of innocent animals,” said Carry Bogart of Rockaway. “Yoga teaches us to value, respect, and honor all life. I was delighted to be a part of this event.”

“I would like to give great big thanks to Paws-itive Pet Services in Rockaway; Spa Lady in Lyndhurst; and Spa Lady in Fairfield for donating their locations,” stated Twardowsky. “Pet

shelters are being hit hard during these tough economic times, and it was great of these locations to open their doors to the Happy Tails Yoga cause.”

About Energy in Motion

Energy in Motion, LLC provides on-site fitness and wellness services for corporate and private clients, allowing busy people to take a proactive approach to health, fitness and stress management. Private, group and workplace wellness programs include yoga, pilates, group exercise classes, personal training and wellness seminars.

Energy in Motion’s goal is to improve participants’ quality of life and overall health by combining the science of physiology with the philosophy of yoga into a fully integrated wellness program.

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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