

**** MEDIA ADVISORY****



WHAT: Yoga in the Rainforest Presented by Rhiannon Ritchey

WHEN: Tuesday, October 7, 2014
5:30 pm-6:30pm

WHERE: Butterfly Wonderland
9500 East Via de Ventura, Scottsdale, AZ 85256

INFO: Butterfly Wonderland invites guests to a Yoga in the Rainforest experience on Tuesday, October 7th featuring all levels of Vinyasa based yoga geared toward connecting breath with movement. After taking a few moments to settle in and enjoy the scenery, students will be guided through a series of yoga postures that will build strength and flexibility. Modifications and adjustments will be offered so any level of student will feel supported. Breathing and meditation techniques throughout the class will allow students to find peace and steadiness within their personal practice. Students will be invited to enjoy the beauty of butterflies while connecting to the beauty within. This class is recommended for ages 18 years and older.

Rhiannon Ritchey is a two hundred hour certified yoga teacher who has had a personal yoga practice for nine years. She has always had a profound love for nature, especially the ocean. As an ocean conservationist, Rhiannon has spent several years hoping to inspire others to appreciate and protect nature. Now, she takes her love for the natural world onto the mat hoping to inspire her students to find their own inner light.

COST: \$20.00 per person per class (class size limited to 20). Pre-registration and payment required.

CONTACT: To register, contact (480) 800-3000, ext. 207. For more information about the class, visit the website at <http://www.butterflywonderland.com>

MEDIA CONTACT:

Lindsey Gubler/Bridges Media Group
602-466-2128/Lindsey@bridgesmediagroup.com