

Happy Tails Yoga

A Cause for Paws

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Stand Up (or Bend or Twist) to End Animal Abuse *4th Annual Yoga Event Seeks Teachers*

Rockaway, New Jersey – March 27, 2012 – Something so simple as a downward facing dog yoga pose can help end animal abuse throughout the state of New Jersey.

For the fourth year in a row, Happy Tails Yoga: A Cause for Paws (www.happytailsyoga.org) is hosting their annual statewide yoga event. The event, growing in popularity and momentum is seeking yoga teachers and facilities to donate their time and space throughout the Garden State during the month of May. In exchange for their time and talent, they will be helping to end animal cruelty in all forms right in their backyard.

The premise is simple: a yoga studio donates its space, a teacher donates their time and talent and attendees donate money to take the class. When the class is over, Happy Tails Yoga turns over 100% of the proceeds to the NJSPCA (www.njspca.org). To date, Happy Tails Yoga has raised over \$8,000 in its endeavor to give every animal the respectful life it deserves.

The NJSPCA, a completely volunteer run organization that receives no financial support from the state of New Jersey or its taxpayers, handles approximately 5,300 animal cruelty cases a year. They continue their great work pursuing dog fights, removing animals from hoarding or inhumane living conditions, provide low-cost micro chipping and distributing pet food and supplies to the numerous shelters all through charitable donations.

Happy Tails Yoga was established in 2008 by Energy in Motion (www.einmotion.com) and Rockaway, NJ resident Tiffany Twardowsky as a way to combine her two loves: yoga and animals. Both passions have grown out of her involvement with Happy Tails Yoga. “I have become so involved with the NJSPA, in a way I never thought I would. I know the work of Happy Tails Yoga and all those who help make it a success each year is really giving animals a voice. It goes to show you that the idea of one person can help make a difference,” states Twardowsky.

Studios and yoga teachers who would like to donate their time can register on the Happy Tails Yoga website (http://www.happytailsyoga.org/registration_form.htm) or contact Tiffany directly at info@einmotion.com. The deadline to register is April 31, 2012. All participants will be featured through various social media sites and other public relations efforts.

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