

# Happy Tails Yoga

*A Cause for Paws*

FOR IMMEDIATE RELEASE

**CONTACT:**

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## *Happy Tails NJSPCA Benefit at Ananta Yoga Studio*

Wayne, New Jersey – March 20, 2010 – On Sunday, March 28, 2010 from 10:00 - 11:00 am Ananta Yoga Studio in Wayne will be holding a Community Karma Class fundraiser to benefit the New Jersey Society for the Prevention of Cruelty to Animals (NJSPCA). This partnership was created through the energetic efforts of Tiffany Twardowsky from Happy Tails Yoga. Happy Tails Yoga: A Cause for Paws is a fundraising organization that unites yoga teachers and students in the battle to stop animal cruelty and neglect. They offer donation-only classes throughout NJ with all proceeds supporting NJSPCA. Yoga teachers and studios donate their time, talent, and location while attendees donate money for taking the class. 100% of the proceeds of March 28's class will go directly to the NJSPCA!

Ananta Yoga's founder, Ana Sorce, immediately felt a connection with Happy Tails Yoga since she started her own Community Karma Class program in 2009 to benefit local nonprofit organizations. Her Community Karma Class is a donation-only class held one Sunday each month. The recommended minimum donation for these classes is \$10 and is a great way to try out a yoga class for a small cost. In the past, Ananta has donated all proceeds of their Karma Class to Friends of Wayne Animals, Preakness Healthcare Center, the Wayne Public Library, and the Red Cross's relief for Haiti.

The special one hour class will be taught by animal lover and yoga teacher, Stacy Bomhoff. With her extended "family" of twelve horses and eight dogs, Stacy naturally jumped at the opportunity to teach this class for Happy Tails. All levels, ages, and skills are welcome to attend! From experiences yogis to total beginners, everyone will find a place to stretch their bodies and clear their mind at Ananta Yoga's Community Karma Class on March 28. Sign up at [www.wayneyoga.com](http://www.wayneyoga.com), call 973-696-9642, or just drop in. Ananta Yoga Studio is located at 1133 Route 23 South in Wayne, NJ across from Mother's Park and Ride.

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