

For Immediate Release

CENTER FOR YOGA

24HR GRAND OPENING

Birmingham, MI

To welcome the community, new and old Yoga students and to share the new Birmingham studio space, CFY is holding a 24hr Grand Opening party starting at 3:30pm on Friday March 26th. **YES! A 24 hour continuous Yoga Event!** We will have classes every hour!

CFY doubled their space by making a move upstairs in the 555 building on Old Woodward and the Birmingham Chamber of Commerce will open the doors in a special Ribbon Cutting Ceremony at 3:30pm. The 24hr event includes continuous yoga classes, delicious Vegan (all vegetarian no animal products) food donated by Whole Foods and special gift giveaways.

Throughout the past year the CFY community has continued to grow and owners Jonny and Milla Kest are grateful and delight in using their successes to always giveback to local families and charities. For the Grand Opening event, CFY has partnered with the Judson Center and will donate all proceeds to the charity from this special event. The Judson Center, located in Royal Oak, has helped over 4,350 families in just 2008-2009. They provide a comprehensive array of services to help children and their families to live better lives in southeast Michigan.

Please join CFY in the festivities!

Yoga classes begin at 4:30pm on March 26th with special 1-of-a-kind classes running throughout the night. The event will end with a special Mediation from 5:15pm – 5:45pm on March 27th.

This event is free and open to the community, everyone and anyone is welcome! In the spirit of helping others and the Judson Center, anonymous donations will be welcome in advance and at the door. Come and share breakfast, lunch and dinner prepared by Whole Foods and other local eateries, plus learn new Yoga techniques and practice next to your favorite teacher!

Students who have visited CFY have already noticed all the changes in the expanded space. For the early riser or busy professional there are full shower facilities and classes starting as early as 5am running until 10:00pm. Plus, the new center is completely eco-friendly. CFY has always strived to be green, but in their new space they have been able to create an even more environmentally friendly practice space for their students. Full-time Childcare is also available to give parents a break from the stress and help them take care of themselves.

Join CFY for food, fun and a great cause!

ABOUT CENTER FOR YOGA

Center For Yoga, is a Michigan based business, owned by husband and wife team Jonny and Milla Kest. As natives of Michigan, they both felt very strongly about growing their family roots locally and establishing metro Detroit as the largest yoga community in the Midwest.

Most recently, CFY opened their 3rd location in Ann Arbor and with Jonny believing strongly in the local community, he is hoping to continue to grow the presence and practice of yoga throughout the state.

Having practiced Ashtanga Yoga and Meditation for over 30 years, Jonny was first inspired by his father to practice yoga, at the young age of 12 while living in Maui, Hawaii. Jonny is known for his compassionate, yet disciplined teaching style, emphasizing self-acceptance and deepening the awareness of Self. Jonny's teachings, which are both therapeutic and challenging, awaken the healing power of breath and the sensuality of being, to find true alignment with our heart and spirit.

Jonny annually holds Teacher Training Retreats in Tulum, Mexico and bi-annually in Michigan. Jonny is also the founder of the Midwest Yoga Conference and holds various retreats and corporate workshops around the world.

For more information visit centerforyoga.com or call Linde Levin at office - 248-646-7054, cell - 248-709-4501 or email linde@centerforyoga.com.

Studio Locations:

Birmingham – 555 S. Old Woodward, Birmingham MI 48009

West Bloomfield – 6710 Orchard Lake Rd, W. Bloomfield MI 48322

Ann Arbor – 2450 W. Stadium Blvd, Ann Arbor MI 48103