

SUSAN "ANASUYA" RAGLIN IS PROUD TO RELEASE VOLUME 1 OF "THE ART OF YOGA THERAPY WITH ANASUYA" ON DVD

Susan "Anasuya" Raglin, founder of Sherman Oaks based STRETCH FOR HEALTH, is proud to announce the release of her first Yoga workout DVD entitled "The Art Of Yoga Therapy with Anasuya". The DVD is listed as volume 1 of an anticipated series currently in development.

Sherman Oaks, CA July 1, 2010 - Susan "Anasuya" Raglin, founder of Sherman Oaks based STRETCH FOR HEALTH, is proud to announce the release of her first Yoga workout DVD entitled "The Art Of Yoga Therapy with Anasuya". The DVD is listed as volume 1 of an anticipated series currently in development.

Susan "Anasuya" Raglin has been a dancer all of her life. "To be happy I must dance, I live to dance and dance to live" - Says Anasuya. Due to dance related injuries Anasuya became involved in Yoga to help heal. She found Yoga so helpful within her own healing process that she has since transitioned to becoming a Yoga Therapist.

Anasuya specializes in Vini Yoga, a versatile and therapeutic style of Yoga. "Vini Yoga encourages each individual to work up to their personal potential, at their own pace and the specialized Yoga workout is about adapting poses for function and individual needs" Says Anasuya. Anasuya's style is described as both nurturing and healing, which is ultimately ideal for beginning students and for those with chronic health issues, yet Anasuya's technique can also be challenging enough for the seasoned Yogi.

"The Art Of Yoga Therapy With Anasuya" DVD includes over 85 minutes of instructed Yoga exercises that allow for a complete workout with therapeutic adaptations. The instructional video is geared toward a wide range of Yoga participants, both beginners and advanced.

The DVD is currently available for purchase through Amazon.com for \$18 retail (not including any applicable taxes or shipping & handling fees). Prices may vary as the video gains distribution through additional online and offline channels.

Prices are subject to change without notice.

The video preview clip can be viewed from the following links:

<http://www.artofyogatherapy.com/dvd.htm>

<http://www.myspace.com/viniyoga>

<http://www.youtube.com/watch?v=EaMOJknzSk>

Susan "Anasuya" Raglin is a CERTIFIED L.M.U. YOGA Rx THERAPIST LEVEL 2. Ms. Raglin has completed her 500 hour registration with Yoga Alliance and is a member

of the International Association of Yoga Therapists and the Samata International Yoga Center. Ms. Raglin has been teaching Yoga for OVER 20 YEARS, working with such clients as Dreamworks, Esalen Retreat Center and was previously the Director of Yoga at the J. Paul Getty Center. She is currently teaching classes at Yoga Blend in Burbank, CA and maintains private sessions, either on location in clients' homes or in her private Stretch for Health Studio.

For additional information or to request a copy of the DVD please provide credentials and contact Anasuya at 818.906.2194. You can also reach Anasuya by contacting the following email address: anasuya@mac.com

STRETCH FOR HEALTH is headquartered in Sherman Oaks, CA.

CONTACT INFORMATION:

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