



## PRESS RELEASE

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**For Immediate Release**

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### **CORAZÓN YOGA OFFERS A DAY OF FREE YOGA + MEDITATION CELEBRATING THE LAUNCH OF WEEKLY, DONATION-BASED CLASSES AND COINCIDING WITH SUMMER SOLSTICE**

**Austin, Texas – June 9, 2014:** Corazón Yoga ([www.corazon yoga.com](http://www.corazon yoga.com)) is offering a **Day of Free Yoga + Meditation** in celebration of the launch of regularly scheduled, donation-based yoga classes. Scheduled to coincide with summer solstice, the free classes will be held on **Saturday, June 21**, 9 am – 5 pm, at Rose Movement Studio (2015 East Riverside Drive #17, across from Mudpuppies) and will include a variety of yoga styles targeted for all levels: Hatha (in English and Spanish), Kundalini, Restorative, Shakti Dance, and Walking Meditation.

With the intention of sharing yoga with a broader audience and creating a yoga community in the rapidly growing East Riverside community, Corazón Yoga is initiating regularly scheduled, donation-based yoga classes at Rose Movement Studio, beginning Sunday, June 22. Donations will benefit CarryOM, an Austin-based non-profit dedicated to bringing the practice and teachings of yoga to those who may not otherwise have the opportunity to experience its transformational benefits.

Jenny Orona, founder of both Corazón Yoga and CarryOM, said, “It has long been my dream to help build a more diverse yoga community in Austin. Nestled in the heart of the dynamic and thriving neighborhood that is developing on East Riverside Drive, Rose Movement Studio is a welcoming and peaceful space, and I can’t think of a better location for a new yoga community to take root.”

For additional information on the Day of Free Yoga + Meditation, visit <http://corazon yoga.org/launch-solstice/> or e-mail [jennyo@corazon yoga.com](mailto:jennyo@corazon yoga.com).



**DAILY SCHEDULE: FREE CLASSES ON SATURDAY, JUNE 21 (\*)**

**Indoors: YOGA**

9:00 am – Hatha  
10:15 am – Hatha (en Español)  
11:30 am – Restorative  
1:00 pm – Kundalini  
2:00 pm – Hatha  
3:00 pm – Kundalini  
4:30 pm – Shakti Dance Party

**Outdoors: MEDITATION**

9:30 am – Walking Meditation  
10:30 am – Walking Meditation  
11:00 am – Walking Meditation

**WEEKLY SCHEDULE: DONATION-BASED CLASSES BEGIN SUNDAY, JUNE 22 (\*)**

Sundays (9:30 to 10:30 am) — Kundalini  
Mondays (6 to 7 pm) — Kundalini  
Wednesdays (9 to 10 am) — Hatha  
Fridays (12 to 1 pm) — Hatha

**(\*) Schedules are subject to change. To confirm, please call 512.425.0836 or e-mail [jennyo@corazon yoga.com](mailto:jennyo@corazon yoga.com).**

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**About Corazón Yoga**

Corazón Yoga ([www.corazon yoga.com](http://www.corazon yoga.com)) is the life work of Jenny O., a yogini who is committed to sharing yoga with people who might not typically be exposed to it. She teaches various styles of yoga, meditation, and healing sound across the city of Austin, Texas. In addition to her public classes and private sessions (in either English or Spanish), Jenny O. is also the founder of CarryOM ([www.carryom.org](http://www.carryom.org)), an Austin-based non-profit dedicated to bringing the practice and teachings of yoga to those who may not otherwise have the opportunity to experience its transformational benefits.

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