

## **Local Small Business Sponsors Big Yoga Event**

*November 2-5 of 2007 Temple Arts Sponsored Omega at the Ft Lauderdale Harbor Beach Marriott Resort and Spa*

"Temple Arts is eager to see new events related to health and wellness in our area, in particular bringing yoga to the South Florida community," says Co-owners Amanda Bernabe and Wanda Clemens. They are happy to report that New York's very own Omega will be here in Ft Lauderdale this November! Temple Arts is a proud sponsor of this amazing event that will bring to our door step great instructors like Sharon Gannon, David Life, Johnny Kest, Duncan Wong, Sean Corn, Shiva Rea and many more inspirational and world renowned yoga teachers.

This event will host many events like, meditation, asana (posture) practice, spiritual guidance and trance dance with the infamous Shiva Rea. There will be booths with yoga and wellness related items for you to stock up your yoga and meditation rooms. "Don't forget to stop by our booth," says Amanda, "we will be debuting our eco-friendly line of active wear." This line of clothing has both 100 percent organic pieces and some made from recycled materials. Each piece features a great uplifting quote like "Be the Change," "Transform and Transcend," and "Got Bliss? Yoga Does a Body Good." The fabric is silky and soft; it feels like your wearing PJs, and all the while looking great while you sport them.

Along with tantalizing Vegetarian and Vegan treats to munch, a special lecture will be given by humanitarian voices like David Life of Jivamukti Yoga, Mark Whitwell, Aadil Palkhivala and Sean Corn about Being Yoga: What yoga calls us to be, during a lunch on the beautiful Marriott's Oceanview Terrace. Don't miss this inspiring event, treat your mind, body and spirit to some powerfully transforming programs and send some good karma to the world! The event will be held at the Ft Lauderdale Harbor Beach Marriott Resort and Spa, November 2-5<sup>th</sup> of 2007. You can call Temple Arts for details at (954) 916-6116 or stop on by at our Plantation location at 220 S University Dr. Look for their new Location to open in August/September of 2008.

For more information on the studio or event contact:

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# Temple Arts

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