

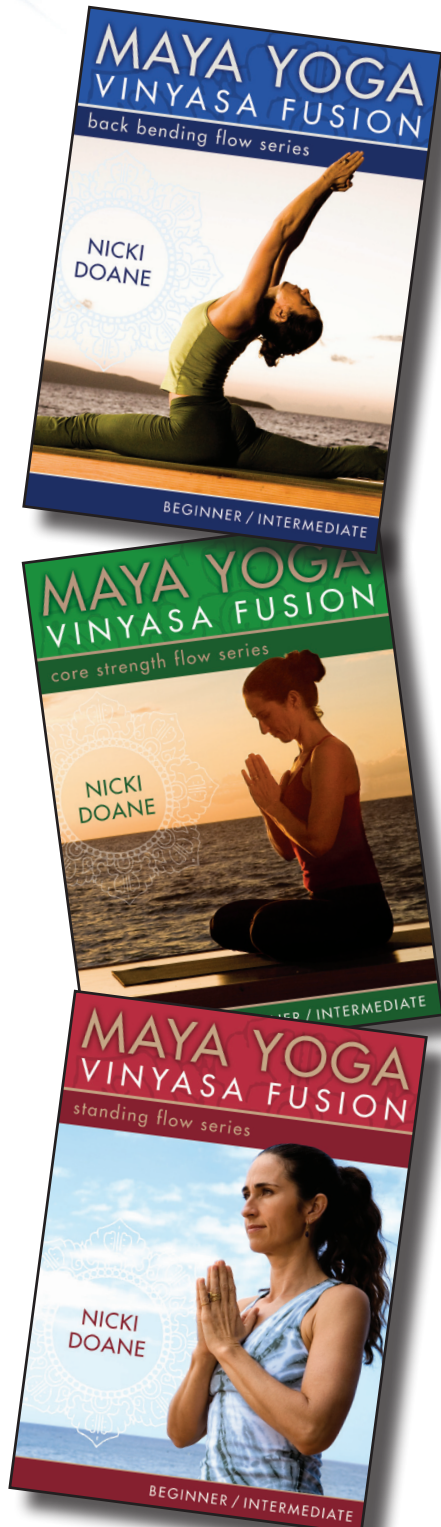


# BEYOND DISTRIBUTION

A Division of Beyond Words Publishing

beyondword.com • 503.531.8700

Maya Yoga • \$19.99 each • 95 minutes • Body, Mind, Spirit / Health & Wellness



## Sinking into Body and Breath

Yoga is a 4,000-year-old system that teaches how to balance the mind, body and spirit. Some styles focus on body position, others on breath, others on movement and circulation. All styles share a deepening into spirit.

While the original Yoga practices come from ancient India, *Maya Yoga* offers a fresh new paradigm for people living in the modern world with all its inherent stresses. With Nicki Doane to guide you, discover powerful tools to help manage the inevitable day-to-day stresses you may encounter.

So how is *Maya Yoga* different from other yoga programs?

*Maya Yoga* incorporates a balanced approach to core strength, attention to detail and alignment, and the broader focus of finding a deep inner strength that supports everything you do. The programs allow the participant to sink deeper into the postures for longer periods of time, encouraging a fuller embodiment of the pose and how it links to the mind, body, and spirit.

“It is an organic system that has grown out of my studies of both Iyengar and Ashtanga yogas, and the deep philosophical principles of yoga. It is about meeting people where they are at and finding a practice that works for their life,” Nicki says.

With Nicki Doan’s *Maya Yoga Vinyasa Fusion* series, the combination of Asana (yogic postures) and Pranayama (conscious breathing) along with her unique focus on alignment, philosophy and sense of humor, people can create a sustainable lifelong yoga practice. With choices from a 20, 30 and 45 minute program, you can choose the skill level and time commitment appropriate for you.

For a schedule of classes and other information, please visit her website, [www.yogaonmaui.com](http://www.yogaonmaui.com).

---

“I practice yoga on tour; in fact I’ve had Nicki come out with me for a few tours, and she’s given me the ability to take what I’ve learned from her and put it to use when she’s not there.” ~Michael Franti, Musician

---

For review copies or media requests:

**Rachel Hayward**  
Project Coordinator  
[rachel@beyondword.com](mailto:rachel@beyondword.com)  
503-597-3675