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Free Yoga Classes as Australia's Biggest Yoga Business Opens Third Sydney Studio to help Sydney Chill AND Get Warm!

Popular Power Living Yoga Arches Across Harbour to Bondi Junction from April 30

Australia's largest and fastest growing yoga business, Power Living Yoga, which attracts 3500 people a week – a third of them men - has stretched again with a third Sydney studio in Bondi Junction, opening Saturday, April 30, 2011, with free yoga classes.

Owned by a paratrooper, super-mum and a body healer, Power Living Yoga's new Zen-warehouse-style PLAY (Power Living Australia Yoga) studio will open on Saturday April 30, with three free classes at 7.30am, 9.30am and 11.15am, with one lucky door prize at each class for a one-month studio pass. The first 100 people through the door on April 30 will also receive free show bags containing Schkinny Maninny juice, Add Water, a Yoga Aid mandala and vouchers for e-Lilianne lingerie and Australian Sports Nutrition (ASN).

The 232m-square PLAY studio on Level 1, 420 Oxford St Mall, features a main hall, heated up to 30 degrees, that will host around 40 classes a week and accommodate 70 bending, glowing yogis. The yoga complex also offers high ceilings, timber floors, streams of natural sunlight, a stylized east-meets-west mural, an osteopathy treatment room and a chill-out lounge, creating a peaceful haven next to the busy Bondi Junction Station and shopping centre where parking is free for two hours.

The Bondi Junction studio is owned Power Living Yoga founder, former paratrooper and world-renowned yoga guru, Duncan Peak, in partnership with founding, Bondi-based, senior teachers - mother of three, Mandy Kopcho, and osteopath, Tim Hulbert. Bringing together more than 60 years of experience and teaching in yoga, their studio is the third for Power Living Yoga, which opened its original studio in Neutral Bay in 2005 and a Manly complex in 2010. A franchised Power Living Yoga business also opened in Canberra last year.

A new timetable offering over 120 classes a week across the Bondi Junction, Manly and Neutral Bay studios offers six types of Power Living Yoga classes, including the new, slower Power Align, tension-releasing Power Revive and the playful, end-of-week Power Groove, which is set to soulful music designed to beat stress.

Power Living Yoga is now the biggest, most successful and fastest growing yoga business in Australia, attracting more than 3500 people a week to its studios, with more than 4500 expected after the opening of the Bondi Junction base. Athletic-style Power Living Yoga is also the most popular yoga ever for men in Australia, with more than a third of members male.

Celebrities who regularly attend Power Living Yoga classes include Biggest Loser TV trainer, Shannon Ponton, Pat Rafter, cricketer Mark Taylor, rugby union star George Gregan, original Hi-5 member Kathleen De Leon-Jones, 'Rescue Special Operations' actor Gigi Edgley and 'McLeod's Daughters' star and model Zoe Naylor.

“As life gets busier and more stressful, filled with electronic gadgets, more people are seeking time out and balance in their lives which is why I think yoga is becoming so popular, particularly amongst men,” said Duncan Peak, a former army paratrooper and founder of Power Living Yoga.

“Power Living Yoga is a dynamic, holistic, flowing and detoxifying form of yoga that torches calories, tones muscles and calms the mind,” said Duncan, who has taught Power Living Yoga to the Manly Sea Eagles and Waratah Sea Eagles sporting teams.

“When combined with meditation and good nutrition, Power Living Yoga leaves you feeling and looking younger, more energised and more powerful. It’s a complete workout for the body, mind and soul.”

Co-owner of the PLAY studio at Bondi Junction, Mandy Kopcho, who will teach classes along with business partner Tim Hulbert, added: “We’re very excited to be adding a third studio in Sydney to cope with increasing demand, especially on the south side of Sydney Harbour.

“What better place to be with winter on the way than in our brand new heated yoga studio? After a Power Living Yoga class, most students say they float out of the studio with a big smile on their face so we’re looking forward to lots of Sydneysiders leaving our new Bondi Junction studio with big, warm smiles!”

From April 30, the PLAY (Power Living Australia Yoga) studio at Level 1, 420 Oxford St Mall in Bondi Junction will offer daily classes Power Living Yoga classes, with regular workshops, teacher training and retreats also offered. Power Living Yoga DVDs and CDs are also available.

A special introductory offer provides newcomers with 10 days of unlimited Power Living Yoga classes at any Power Living Yoga studio, including the new Bondi Junction studio, for \$20.

Call Power Living Yoga on 02 9904 4874 or visit www.powerliving.com.au.

** Interviews/pictures with Duncan, Mandy or Tim are available.*

Media contact: Andrew Mevissen, Peak PR , 0431 883 057 or andrew@peakpr.com.au