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**Special Events & Charity Fundraiser Offered at Innerlight Studio
as Part of
National Yoga Awareness Month**

The Innerlight Center for Yoga at 850 Aquidneck Avenue in Middletown is offering several special classes during the week of September 20 – 26 in support of National Yoga Awareness Month and Global Mala International Peace Day.

A special “Bring a Friend Free” promotion invites current Innerlight students to bring a friend to their favorite class at no charge. This promotion was conceived to help those interested in yoga, but afraid to go it alone, give it a try. Offer good during this one week only.

Another opportunity for the curious to experience yoga in a totally safe and comfortable environment will be offered on Saturday, September 26 from 2 until 5 o’clock in the afternoon. This comprehensive workshop is based on Innerlight’s award winning Intro to Yoga series recently named “Best Yoga for Beginners” by Rhode Island Monthly. All who participate in the workshop will receive a discount if they register for the ongoing Yoga 101 class at that time.

On Sunday, September 20 from 3 to 4:30 in the afternoon, Pat Salzillo will lead a 60-minute heated Power Vinyasa Flow followed by a 30-minute Yoga Nidra. Proceeds from the suggested \$10 donation will benefit Recovery Yoga, Inc. a 501(c)(3) non-profit service organization dedicated to healing and personal empowerment through yoga programs in Southeastern CT and Southwestern RI. This event is a local community celebration of Global Mala International Peace Day.

The purpose of the Global Mala is to form a "mala around the earth" through collective practices on the Fall Equinox to further the cause of the United Nation’s International Peace Day.

Innerlight, which has been offering yoga classes on Aquidneck Island since 1995, was also recently recognized as the “Statewide Best Place to Do Yoga” by the Providence Phoenix and “Best Place to Do Yoga in Newport” by Rhode Island Monthly.

The studio has a roster of 14 certified teachers presenting a full schedule of more than 40 classes every week at the Middletown location as well as in Jamestown. All levels from gentle to vigorous and several styles such as Kripalu and Vinyasa are accommodated. There is plenty of free parking at the studio located on the second floor of the Middletown Commons at 850 Aquidneck Avenue in Middletown, Rhode Island. The full schedule of classes can be viewed at www.innerlightyoga.com.

About Recovery Yoga

Recovery Yoga's mission is to establish, develop and maintain yoga programs in residential, rehabilitative and other facilities, primarily for women and teens working to recover from substance, physical or other abuse, or who are at risk or otherwise in need. Look for the Recovery Yoga Fund at www.cfsect.org.

About National Yoga Month

In 2008, the Department of Health and Human Services designated September as National Yoga Month, one of a select number of national health observances. That same year, thousands of yoga and health enthusiasts participated in a 10 City Yoga Health Festival Tour featuring yoga classes, lectures, music, entertainment, exhibits. Since then, the initiative has taken root as a global awareness campaign, educating, inspiring and motivating people to achieve a healthy lifestyle.

The Yoga Month campaign is administered by the Yoga Health Foundation, a 501 (c) 3 non-profit organization registered in the State of California. All funds benefit the national awareness campaign and yoga health education for at-risk kids in schools.

About Global Mala

The Global Mala Yoga for Peace Project belongs to the global yoga community and is a seed of a world-wide experiment into the power of **meditation in action**. The purpose of the Global Mala is to unite the global yoga community from every continent, school or approach to form a "mala around the earth" through collective practices based upon the sacred cycle of 108 at Fall Equinox as the yoga world's offering to further the UN International Peace Day. <http://www.globalmala.org>

About Pat Salzillo

Pat has been practicing various forms of hatha yoga since 2000, but was especially drawn to the element of "meditation in motion" inherent in Vinyasa. In 2007, she began practicing Baptiste Power Vinyasa Yoga and immediately fell in love with the rhythmic, graceful intensity of the flow and the detoxifying effects of the heat.

Her passion for the Baptiste practice inspired Pat to attend intensive workshops with Baron Baptiste, including an 8-day Personal Revolution Bootcamp in Tulum, Mexico in 2008. Pat has also been a participant and an assistant in several Baptiste bootcamps with Master Baptiste Teacher Philip Urso.

Through her commitment to a daily yoga practice, Pat has experienced a profound shift in her ability to extend the principles of yoga into her day-to-day life, resulting in an increased sense of peace, joy, and simple appreciation for life. She hopes to share this gift with others through her teaching.

Pat earned her 200-hour certification from Salt Pond Yoga in Charlestown, Rhode Island in March 2009, and is trained in the Baptiste tradition.