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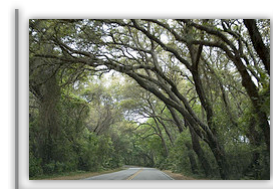
MBOY YOGA TO HOST WEEKEND POWER YOGA RETREAT OCTOBER 2-4 AT RITZ-CARLTON, AMELIA ISLAND

MBody Yoga Retreat Featuring Nationally-Recognized Baptiste Instructors Mark White and Deborah Williamson Will Include a DJ Power Yoga Party and Two Days of Power Yoga, Meditation and Discussion Sessions



August 10, 2009 (Jacksonville, FL)—Jacksonville-based power yoga studio MBody Yoga will host an all-level Baptiste power yoga retreat October 2-4 at The Ritz-Carlton, Amelia Island. This incredible seaside resort—boasting the finest accommodations in Northeast Florida, as well as first-class dining, spas and leisure activities—provides the perfect environment to take sanctuary from the daily grind.

Guests are invited to refocus mind, body and spirit through meditation and daily yoga practice, led by nationally-recognized Baptiste Power Yoga Instructors and Certified Life Coaches Mark White and Deborah Williamson. The retreat seeks to help attendees uncover self-imposed limitations holding them back from experiencing their fullest potential, through rejuvenating yoga practices, calming meditations and empowering discussion sessions. For all levels—beginners welcome.



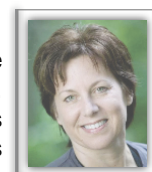
The retreat kicks off with a powerful, soul-pumping Revive DJ Power Yoga Party Friday night, led by Senior Baptiste Instructor Mark White and featuring music mixed live by DJ Jordan from Miami. A cool-down from this revitalizing hour-and-a-half yoga practice will follow with light refreshments and hors d'oeuvres. The Revive DJ Power Yoga Party is open to those not participating in the full weekend retreat itinerary, though spaces are limited.

Packages start at \$45 for the DJ Power Yoga Party and culminate with a luxury retreat experience for two, including accommodations at the Ritz-Carlton Amelia Island, the Revive DJ Power Yoga Party, three Refocus Power Yoga sessions, a Renew Meditation and Discussion session with Mark White and Deborah Williamson, and daily box breakfast and lunch for two, provided by The Ritz-Carlton, Amelia Island.



Mark White is a nationally recognized Senior Certified Baptiste Power Yoga Instructor and Certified Yoga Life Coach. He is the owner of MBody Yoga, a rapidly-growing studio group with two Baptiste Affiliate locations in Jacksonville, Florida. Mark has personally assisted world-renowned yoga leader Baron Baptiste on sold-out international retreats, trainings and conferences worldwide, and was recently among a small, select group of yoga instructors across the country invited to teach yoga on the White House lawn during a fitness-themed Easter Egg Roll.

Deborah Williamson is an internationally recognized Master Certified Baptiste Power Yoga Instructor and Certified Yoga Life Coach. She is the owner and licensor of Midwest Power Yoga, four successful Baptiste Affiliate studios in Wisconsin. Deborah holds multiple certifications in yoga and has trained in both classical and more physical yoga styles. She integrates over 20 years of recreation, resort spa, corporate fitness, and private health club management into an accessible, all-levels class format.



ABOUT MBOY YOGA

MBody Yoga was founded by Senior Baptiste instructor Mark White, who has dedicated his life and instruction in part to debunking the mystique often associated with yoga, opening the practice up to anyone looking for a challenge.

At times athletic, at times meditative, MBody Yoga classes are an opportunity for students to learn their limitations (physically and mentally) and break through them. With two of only 30 Baptiste Power Vinyasa Yoga studios in the world, MBody Yoga continues to attract non-believers and wow longtime yoga aficionados through the innovative and empowering form of yoga developed by Baron Baptiste, and embraced worldwide.

In addition to yoga classes for multiple experience levels, the studio offers world-class teacher-training programs, student workshops such as the transformative 40 Days to a Personal Revolution, Pre-Natal Yoga and Yoga for Surfers, and special events including nationally recognized DJ Power Yoga parties. To learn more about the innovative ideas and life-transforming practices at MBody Yoga, stop by our Southside or Neptune Beach locations, or visit www.mbodyyoga.com.

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