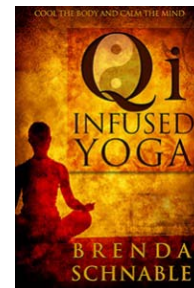


Want to Feel Better? Be Healthier and Have More Energy?

Yoga Therapist **Brenda Schnable** Gives You the Answers

America spends **\$300 billion a year on pharmaceuticals** - almost as much as the rest of the world combined and performs 2-3 times more procedures than countries with the same standard of living! If meds and procedures worked, why is America so sick? Recently, faced with blood issues unidentified by conventional Western medicine, **Brenda Schnable** had to decide whether to have a *painful* bone marrow biopsy or try alternative treatment. As a yoga therapist, she chose the latter. Brenda has developed her own brand of yoga therapy, Qi Infused Yoga, which is a fun and easy way to better health and increased energy. Everyone can benefit from Qi Infused Yoga's gentle yet energizing style and simple techniques.

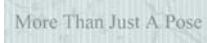


Story Ideas:

- **Feng Shui Your Body:** Learn How to Balance and Harmonize Your Life-Force Energy Naturally for Longevity and Wellness
- **Are Salads Causing Your Arthritis?** 7 Healthy Foods Examined and Why They May Be the Culprit to Your Illness
- **How Your Elbow Can Alleviate Allergies Better Than Over-the-Counter Medications:** 5 All-Natural and Unique Approaches to Stop Sneezing This Spring
- **Unnecessary Medications and Painful Procedures:** How the 6M's and Other Qi Infused Yoga Techniques Can Help
- **How Vowel Sounds Aren't Just Music to Your Ears,** They Can Cure Your Entire Body
- **Utilize the Body's Intelligence - Not Toxic Drugs** - to Lower High Blood Pressure, Tame Pain, and Ease Ailments
- **Myth Buster:** Yoga is Not Just About Intimidating Pretzel Poses; Revealed the Best Kept Secret - What Yoga is Surprisingly About (Making Yourself Healthier and Feel Amazing)
- **Don't Numb Negative Emotions with Meds, Get Rid of Them for Good:** Use Qi Infused Yoga Methods To Feel Happier
- **Sick and Tired of Being Sick and Tired?** Learn 4 Simple Ways to Boost Your Immune System This Cold and Flu Season That Won't Cost You a Thing
- **The Truth Revealed: Eastern vs Western Medicine** - Which is Better and Why

Media Experience:

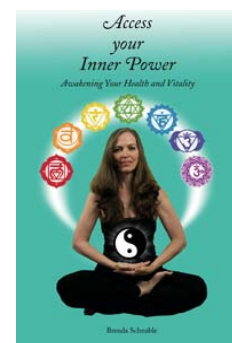
- Radio Interviews, Magazine Articles, Blogging



"Brenda is a gifted yoga instructor and therapist. She blends her life experiences and knowledge into her unique style where joy, contentment, and energy are abundantly infused. I embrace Qi Infused Yoga with open arms." ~ *Inner Sea Yoga, TN*

"Qi Infused Yoga is helping to renew my vitality, strength, and overall sense of well-being." ~ *Di Rulo, workshop attendee, IL*

"It was a joy having you come and teach us and share so much! We definitely learned a lot - love the books, too!" ~ *Awakening Yoga Studio, GA*



Contact: Brenda Schnable;
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www.myinnerpoweryoga.com
919.228.YOGA (9642) (Cary, NC)

Availability: Nationwide by arrangement. Based out of Cary, NC (within 2 hours of New York, Atlanta and Chicago markets)