



## **Danialle Karmanos' Work It Out Partners With Local Yoga Businesses to Celebrate National Yoga Month**

### **Yoga Supporters Kick Off September Events to Support DKWIO Programming for Children**

DETROIT – September 14, 2009 – Danialle Karmanos' Work It Out (DKWIO), a dynamic 501 (c)(3) not-for-profit program dedicated to the physical, mental and spiritual wellness of children, has joined Detroit-area yoga businesses to celebrate National Yoga Month. In partnership with local Centers, DKWIO will offer the residents of Southeast Michigan unique yoga experiences that will support the organization's specialized programming for kids.

A charity yoga class will be hosted by the de la Ferriere Center on Saturday, September 19, at 9:30 a.m. at 5640 Williams Lake Road in Waterford, Mich. Additionally, the Authentic living Center will host a class on Saturday, September 26, at 11:45 a.m. at 1640 Axtell Road in Troy, Mich.

"We are so excited to be a part of this year's National Yoga Month celebration," said Kris Sexton coordinator of the de la Ferriere event. "The holistic education that DKWIO offers to children is something the kids will carry with them for the rest of their lives. It is our hope that others will join us during this fun event to support local children."

In addition to the yoga classes, DKWIO continues to actively recruit certified yoga instructors to help provide programming to children. DKWIO expects to provide yoga and nutritional instruction to 100 at-risk students at four locations this fall.

"DKWIO's yoga-based approach to empowering kids to lead healthy lives is uniquely successful, and we appreciate the support and recognition from our local yoga community," said DKWIO Founder Danialle Karmanos. "This is an exciting month for DKWIO, and we cannot wait to kick-off our fall programming. We will serve our largest group of children yet and continue to equip them the tools and resources necessary to prevent childhood obesity, reduce anxiety and live healthy lives."

#### **About Danialle Karmanos' Work It Out**

Founded in 2005, Danialle Karmanos' Work It Out (DKWIO) provides children particularly at-risk children—and their families the tools, information and resources they need to make healthy choices. Through its uniquely structured approach and collaborative philosophy, DKWIO exponentially increases the power of kids and families to foster and maintain health in mind, in body and in spirit. Learn more at <http://dkwio.org>. DKWIO is a 501(c)(3) organization.

#### **Press Contact**

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