



***For Immediate Release  
March 19, 2009***

## **Danialle Karmanos' Work It Out, Yoga Shelter to Host April 26 Benefit and Yoga Mat Drive**

***Fundraiser to Benefit and Feature DKWIO Kids, Include Exclusive Team Instruction by Linda Kay and Steve Feldman***

DETROIT--March 19, 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, today announced that it will host a fundraiser in partnership with Yoga Shelter. Featuring world-class yoga instruction and educational participation by DKWIO kids, the fundraiser will take place on April 26, from 1:00 – 3:00 p.m. at the West Bloomfield Yoga Shelter location at 6363 Orchard Lake Road. For complete details and registration information, go to <http://dkwio.org/events/yogainspire/>.

“Through our yoga-grounded approach, DKWIO is empowering thousands of kids across the country to fight childhood obesity, to reduce anxiety and to live a healthy life,” said DKWIO Founder and Executive Director Danialle Karmanos. “Donations to, and participation in, our April 26 fundraiser will extend DKWIO’s capability to provide quality programming and wellness resources to a generation of children who suffer disproportionately from obesity, stress and poor health.”

### **April 26 Event to Feature World-class Yoga Instruction, Yoga Mat Drive**

For a small donation, contributors will enjoy the unique opportunity to receive team yoga instruction from Detroit yoga icons Linda Kay and Steve Feldman. Donors at the \$50 level will receive one free month of yoga at Yoga Shelter, and \$100 contributors will receive two free months. Attendees can also bring a new or gently used yoga mat and donate it to benefit DKWIO program participants

### **Register Online Today**

Event space is limited. Register today at <http://dkwio.org/events/yogainspire/>.

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

Founded in 2005, Danialle Karmanos' Work It Out (DKWIO) is a 501(c)(3) not-for-profit program that uses a holistic and yoga-based approach to deliver quality programming and wellness resources that give kids and families the tools to make healthy choices. Learn more at <http://dkwio.org>.

### **Press Contact**

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