



PRESS RELEASE

For Release

November 17, 2009

Contact for more information:
Tiffany Twardowsky, Director
Energy in Motion LLC
(973) 983-9554
info@einmotion.com

NJ Resident Twardowsky Selected for Yoga For Unity Conference

Honored for Happy Tails Yoga Fundraising Efforts

Rockaway, NJ – November 17, 2009 – Tiffany Twardowsky from Energy in Motion LLC was recently selected by Off the Mat Into the World to teach a multi-level vinyasa yoga class during their November 1, 2009 Yoga For Unity Conference in Princeton, NJ (<http://www.yogaforunity.com/conferenceschedule.html>).

Twardowsky, along with eight other instructors at the conference, was chosen based on the compassionate work she has done to make the world a better place. That work was the formation of a fundraising event, Happy Tails Yoga: A Cause for Paws, uniting yoga teachers and students in the battle to stop animal cruelty and neglect (<http://www.happytailsyoga.org/>). For the inaugural event, Happy Tails Yoga donated over \$3900 to the New Jersey Society for the Prevention of Cruelty to Animals. Twardowsky's company, Energy in Motion (<http://www.einmotion.com/>), contributed \$600 of the total amount.

During the conference, Twardowsky taught with another yoga teacher, April Eicchorn from Princeton, NJ. Their session focused on "Life, Compassion & Freedom for All Beings." Attendees were encouraged to ignite their compassion and become a messenger of hope, love and peace for animals. During class, students were guided from pose to pose while listening to motivational music and readings. Readings educated students on the humane treatment of animals and inspired them find their purpose and become active in their community. According to Twardowsky, the overall message of the class was "...to release your unique intention off the mat and into the world!"

"Getting recognized for all my hard work with Happy Tails Yoga is truly an honor. Day in and day out, I strive to teach people to be their best and make a positive contribution to the world," Twardowsky stated. "Being distinguished for my life-long service to animals by being selected for a conference that is making a positive contribution to the world is incredible!" Twardowsky continued.

#####

About Happy Tails Yoga

Happy Tails Yoga is a fundraising event for NJSPCA, uniting yoga teachers and students in the battle to stop animal cruelty and neglect. Happy Tails Yoga offers donation-only based classes throughout New Jersey with all proceeds supporting NJSPCA. Yoga teachers and studios donate their time, talent and location while attendees donate money for taking the class. Classes are held different locations all year long with the majority of our class held during "Happy Tails Yoga Month" in February. To learn more, visit www.happytailsyoga.org.

About Energy in Motion LLC

Energy in Motion LLC provides on-site fitness and wellness services to corporate and private clients allowing busy people to take a proactive approach to health, fitness and stress management. Programs include group exercise classes, personal training and wellness seminars. To learn more about Energy in Motion LLC, visit www.einmotion.com.