

From: Chakra Productions, LLC  
Contact: Victoria McKune  
P.O. Box 506  
Belmont, CA 94002  
(650) 596-9603  
[vmckune@chakraproductions.com](mailto:vmckune@chakraproductions.com)  
Web Site: [www.yoga-software.com](http://www.yoga-software.com)  
Date: September 16, 2003

FOR IMMEDIATE RELEASE:

CHAKRA PRODUCTIONS EXPANDS YOGA SOFTWARE OFFERING WITH  
GREAT PREGNANCY YOGA

Chakra Productions of Belmont, California announces the release of a new content package, Great Pregnancy Yoga, for its product yGuide Yoga Software. Great Pregnancy Yoga complements Chakra Productions' existing content offerings of Ashtanga Yoga and Great Yoga Poses I. This product is geared towards women in all trimesters of pregnancy.

Users can create their own pose sequences by choosing from the 98 poses offered or select one of the pre-designed templates shipped with the product including Morning/Evening Routines, Labor Preparation, Partner Focus, and Working Mom. Each of the 98 poses and templates are customized to complement the progressive trimesters of pregnancy. "This is a wonderful tool for both beginners and experienced yogis alike, because it allows users to select routines appropriate to their skill level. Once the expectant mother has delivered, she can continue to practice by selecting one of yGuide's other content packs for their existing software engine, thus making the shift to more traditional yoga after the birth" said Leslie Ottavi, President.

Great Pregnancy Yoga is a joyful yoga style which is contemporary and revitalizing! It is guided by the influences of various yoga forms and the gracefulness of various dance styles. It complements the existing line of products including Ashtanga Yoga, which is more dynamic and athletic in nature, and Great Yoga Poses I, which draws from multiple yoga styles with poses that open, restore, and refresh.

Chakra Productions has offices in Belmont, California and Indialantic, Florida and provides yoga products to yoga enthusiasts, yoga instructors, studios, and health care professionals. Chakra Productions was founded in April 2002. For more information about Chakra Productions, please visit [www.yoga-software.com](http://www.yoga-software.com).

Thank you for your consideration.