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CHAKRA PRODUCTIONS, LLC

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For Immediate Release:

Capture the wave of yGuide Signature Yoga! Software that makes it easy and exciting to explore different styles of Yoga and quickly tailor the perfect class.

Leslie Ottavi and Chakra Productions have finely put computer technology to the test of time with yGuide Yoga Software. Now you can enjoy the luxury of creating your own yoga classes and workouts at the touch of a mouse! From yGuide's comprehensive collection including Ashtanga, Great Yoga Poses 1 & their Great Pregnancy Yoga series, all together comprising over several hundred beautifully captured photographs of poses/asanas, you choose the asanas you want to practice or teach, put them together and enjoy your personally sequenced, 'yGuide Yoga Signature Series'. It's easy to do and a fun way to discover the perfect combination to fit your needs. Whether you're looking for that invigorating workout, a meditative experience or a restorative sequence, yGuide Yoga Software puts you in creative control!

For yoga studios, teachers, health practitioners and businesses, YGuide Yoga Software can make your job both easy and successful. With a simple command structure, yGuide allows you to point and click your way to the yoga styles, sequences and poses you know will provide the most benefit for your students, clients and employees.

Sometimes successful teachers and studios lose the intimate hands-on relationship with their students that helped to create their success. By bringing yGuide Yoga into a studio's curriculum, quick personal lesson sequences can be created for individuals, personal progress can be tracked and individual attention to each student's development can be heightened. Or if your studio and/or teaching practice is still in the growing stages, let yGuide Yoga give you the perfect edge to capture the devoted attention of your students. Their appreciation will show as they experience the increased learning capacity that yGuide instills.

Many use yGuide Yoga Software while traveling and to support their daily practice at home. Special features allow you to keep track of your progress through private journal entries and to incorporate your personal photos of poses into your own special sequences.

Integrative Health Practitioners (i.e. Chiropractors, Acupuncturists, OMDs, Herbalists, Homeopaths & Nutritionists, etc.) can avail themselves of the yGuide Yoga Software to facilitate quicker recovery and healing time for their patients, as well as provide a basic, preventative health practice for their whole clientele. By pulling together restorative pose sequences for their client's home practice, many patients can receive a tenfold increase in benefit from their present treatment programs.

As recently reported in the LA Times, over 60 billion dollars per year is presently lost in sick days in corporate America. What better way to relieve stress and increase health & stamina naturally than through adopting a simple company-wide yoga practice. And with yGuide Yoga's easy to use program designs, those business trips need not add to your employee's health problems. Instead, everyone can enjoy their yoga practice in the comfort of their own hotel room as their business schedule allows. Decreased illness means increased productivity in a healthy environment whereby we all come out winners!

Founded in April, 2002, Chakra Productions has offices in Belmont, California and Indialantic, Florida. For more information about Chakra Productions, please visit www.yoga-software.com

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