

# Yoga Wellness Program

by Nancy Yaffe



Are you looking for a little inspiration? A fun way to jump start your workouts and a healthy outlet to burn off some stress? A motivating way to get Substance Abuse CLE credit before the January deadline? If so, then please join me for a very special CLE at YAS Venice on Saturday afternoon, December 8<sup>th</sup>, from 1:00 – 3:00 pm. There will be an hour of inspiration followed by an hour of yoga, both featuring YAS founder, Kimberly Fowler.

**Kimberly Fowler** is a lawyer, survivor, entrepreneur, athlete, business owner, author and most important to me, a friend. She founded YAS 12 years ago, the first studio to combine indoor cycling and yoga. She

now runs a fitness empire, including a clothing line, accessories (including super cool skull yoga mats), DVDs and books (her most recent book, Flat Belly Yoga, was just published). As a reformed COO and lawyer, she knows a thing or two about the rigors of law practice and business, and how to work off that stress in a productive way. While so many lawyers turn to substances to “numb out” Kimberly will inspire you instead to take some time for you, to honor yourself. As she likes to say “I’m not your guru, you are.” YAS yoga is “no chanting, no granola, and no Sanskrit.” Unlike everything else we do, there is no competition in yoga. There is just acceptance, breath, and getting in tune with your body. Yes, we all like wine, but we need positive outlets too.

Come hear Kimberly tell you about her own amazing life, and be inspired by the obstacles she has overcome (including growing up in a family suffering the perils of addiction, being the first in her family to go to college, and surviving a brain tumor, to name a few). Kimberly’s life has been far from charmed or easy, yet she surpasses each challenge with grace, and keeps pushing herself to achieve new goals. She opened YAS when Venice was a gang infested war zone, because she had a vision. She decided she wanted to write books, and she has. There is nothing Kimberly can’t do, and she will inspire you to be the best you can be.

Come join us on December 8<sup>th</sup> to hear about the benefits of yoga as a way to give back to yourself and then to try an hour yoga class. Be ready, this is a real work out, but you don’t have to be fit, thin, or even to like yoga – this class is different. And then maybe, like me, you will become a YAS devotee and find yourself making time in your super busy schedule for fitness, and most importantly, for yourself. I hope to see you there!

*Nancy Yaffe is a WLALA Member and an attorney with Fox Rothschild LLP.*

## Yoga Wellness Program

**Sunday**

**December 8, 2013**

1:00 p.m. to 3:00 p.m.

**Yas**

1101 Abbot Kinney Blvd.

Venice, CA 90291

To register for this program, please [CLICK HERE](#).