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FOR IMMEDIATE RELEASE:

Vie Fitness & Spa Offers RussaYog

Vie: Fitness & Spa is proud to offer RussaYog, a rope-based yoga conceived by U of M Professor Jasprit Singh. Singh is founder of the RussaYog studio located on South State Street, and *Vie Fitness & Spa* is the first studio besides the original to embrace the RussaYog concept. “We have been happy to work with Jasprit and be able to offer this unique type of yoga to *Vie*,” says Heather Dupris, owner. “We strive to bring in new and innovative classes all the time, and RussaYog fits right in with our philosophy of total well-being.”

The RussaYog concept is based on a total mind-body work out which incorporates stretching, breath work, aerobic exercise, and core strength. Singh describes the ropes as acting as a gentle partner to help with the poses, as well as providing an opportunity to stretch and strengthen the body in a way that is different from traditional yoga. RussaYog also emphasizes keeping the mind calm and in a state of optimism.

To prepare the studio, Dupris had builders construct a special ceiling structure to support the ropes in a quiet, intimate space. “Our small classes allow for personalized attention from our instructors,” she says. Participants may either reserve a rope in advance by paying for a six week package or they may call ahead to drop in, providing there is room in the class.

Singh, who grew up in India, has been practicing yoga using ropes for thirty years. He has recently begun marketing his RussaYog concept and has certified teachers in Ann Arbor, Atlanta, Italy and the Netherlands. He will open another RussaYog studio in Santa Barbara, California this summer. “*Vie* is proud to be the first studio in this part of

the country to spread the word about this exceptional mind-body experience,” says Dupris.

Vie: Fitness & Spa is a fitness studio and day spa located in the heart of downtown Ann Arbor. *Vie* does not have membership or initiation fees—walk-ins for personal training, fitness classes, spa services and the juice bar are welcome. *Vie* opened its doors in the summer of 2004 and strives to serve the Ann Arbor community as a center of balanced, healthy, living. *Vie*’s juice bar and retail space opened in late 2007. Additional information including pricing and class schedules is available at www.viefit.com.

For inquiries, please contact Heather Dupuis, Owner, *Vie: Fitness & Spa* at (734) 323-5182 or heather@viefit.com.