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TEXAS YOGA ASSOCIATION PLANS MASS YOGA CLASS MARCH 16 ON AUSTIN'S STATE CAPITOL LAWN AS THEY RALLY AGAINST REGULATION

Taking place in the middle of SXSW, the TYA will peacefully rally in support of bill to keep government from regulating yoga and invites yogis far and wide to join a mass yoga class on the State Capitol lawn March 16 from 5:30 to 7 p.m.

March 2011 (Austin, TX) – Over 1,500 Texans have signed a petition sponsored by the **Texas Yoga Association (TYA)** to pass House Bills No. 1839 by Representative Phillips and 2167 by Representative Murphy that aim to keep government from regulating yoga. In support of moving the bills through legislation, the TYA invites yoga enthusiasts, state representatives and anyone who supports the future of health and wellness to practice yoga together on the **Southeast corner of the Texas State Capitol lawn at Congress and 11th Street in Austin, Texas on Wednesday, March 16, 2011 from 5:30 to 7 p.m.** House Representative Eddie Lucio III will lead other representatives and staff to meet the yoga enthusiasts in promotion of a healthy lifestyle, and musician **David Berkeley** will be flying in from Atlanta to perform at the peaceful demonstration.

Operating on the premise that offering a teacher training program for yoga instructors classifies a yoga studio as a "post-secondary career school or college," the Texas Workforce Commission (TWC) began the movement to regulate training programs across the state. **Texas Yoga Association President and Executive Director Jennifer Buergermeister** states: "Regulation by the Texas Workforce Commission is not appropriate for yoga studios and does not benefit yoga students. Regardless of what stance is taken on this important issue, of whether or not there should be some standards regarding what a yoga teacher training program consists of, the State of Texas (Texas Workforce Commission) is not the proper entity to make that determination. By staging this peaceful demonstration, we hope to keep regulation out of our over 5,000 year old tradition."

Buergermeister, who is based in Houston, will travel to Austin on a bus full of Houstonians that afternoon to lead the class. Her advocacy for yoga derives from a deep-rooted belief that yoga is for everyone and has the capacity to unite people. She strongly feels Texas can become a “mecca for yoga” for visitors from all over the world to enjoy and is steadily working toward making this goal a reality.

Maranda Pleasant - editor for the new magazine “**Origin.**” - will also be at the event supporting yoga and celebrating the launch of the very first yoga and arts magazine in Texas.

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About the Texas Yoga Association:

The TYA is a not-for-profit, member-driven organization with a mission to serve the Texas Yoga Association members while advancing, supporting, and advocating for the art of yoga and meditation in Texas and abroad. Members believe in shifting old paradigms that include fear, greed and competition into healthy, sustainable systems by promoting unity and striving to facilitate global transformation through action by demonstrating broad reaching cooperation and support.

Further information about the TYA and the upcoming demonstration is available on the **Texas Yoga Association** website: www.texyoga.org.

For media inquiries, interview requests or to cover the March 16 event, please contact **Heather Wagner Reed** at 713 208 3891 or heather@juiceconsulting.com.