



## **FOURTH ANNUAL TEXAS YOGA CONFERENCE TO TAKE PLACE AT THE GEORGE R. BROWN CONVENTION CENTER IN HOUSTON MARCH 1-3, 2013**

**(HOUSTON, TX January 2013; source: Juice Consulting)** – Plans have been announced for the fourth annual **Texas Yoga Conference** to be held **March 1-3, 2013** at the **George R. Brown Convention Center** in Houston. The George R. Brown Convention Center is located at 1001 Avenida De Las Americas, Houston, Texas 77010.

The **Texas Yoga Conference** attracts the best regional and national yoga teachers who give classes at all levels of experience with yoga, from the beginner to the advanced practitioner. With over 70 presentations on the schedule, the conference acts as a city retreat beginning with a three day “Anatomy of Yoga Training” by **Leslie Kaminoff** from New York City from February 26 to 28 as an option to learn more about yoga anatomy. The official conference continues March 1 to 3 featuring lectures and presentations for beginners and advanced yoga enthusiasts. Attendees also have an option to join a special post-conference “Krama Training” with instructor **Ricky Tran** from March 4 to 9.

The conference is sponsored by **Yelp, 002 Magazine, Natural Awakenings, Body Mind & Soul, Shining Shakti, Yoga Rasa, Yoga West, Yoga4Peace, We Are Yoga, I Love Yoga, Be Life, Sari Sak, OneYogaUSA, Texas Yoga Association, Jennyyoga, Visit South Walton, Alta Imports**, among others. The event is a great way to learn more about yoga and the science behind it and enjoy unique lecture topics related to yogic philosophy. There will also be exhibitors displaying natural products, healthy foods, and yoga clothing.

The **Texas Yoga Conference** isn't a conference in the traditional sense. It's a yoga retreat and a yoga party. After immersing themselves in yoga, participants will have the opportunity to attend concerts on both Friday and Saturday or enjoy a little Thai massage. On Friday afternoon, the conference will feature famous singers

and groups such as **Action Required Now, Patrice Pike, Bhakti House Band, Sean Johnson & the Wild Lotus Band, Joel Laviolette and the Rattle Marimba, David Berkeley, Josh Fletcher and The Willy Collins Band**. The concert is open to the public with tickets on sale in advance for **10 USD** and **15 USD** at the door. Sunday morning, **Beatrice Ward** and her gospel singers will open up the day. There will also be Mariachis to close the conference and serenade attendees to the evening reception.

The Texas Yoga Conference will benefit local charities such as **Action Required Now - Healing with Song** and **Breathe the Cure®**, a non-profit organization that recently released its first children's book in collaboration with Crow Collection of Asian Art and Yoginos: Yoga for Youth®. **Breathe the Cure®** focuses on educating others on the benefits of proper breathing techniques, meditation and yoga as a preventative practice to disease and as a complementary tool to Western treatments. For every ticket sold, the conference will also plant a tree, sponsored by **Namaste Light**.

Registration for the **Texas Yoga Conference** is **325 USD** in advance and **350 USD** at the door. For more information, please visit the official Facebook page at **[www.facebook.com/texasyogaconference](http://www.facebook.com/texasyogaconference)** or the web page at **[www.texasyogaconference.com](http://www.texasyogaconference.com)**.

For media inquiries, press passes, interviews and more, please contact Heather Wagner Reed at **[heather@juiceconsulting.net](mailto:heather@juiceconsulting.net)** or **713 208 3891**, and Amber LaFrance at **[amber@juiceconsulting.net](mailto:amber@juiceconsulting.net)** or **469 877 1533**.

###