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City of Downey

Press Release

Guru Yogi Ramesh to offer a free demonstration at the Downey Farmers' Market

Downey, Ca, March 2, 2009

The City of Downey is pleased to announce that Guru Yogi Ramesh Pandey will offer a free demonstration session of his widely acclaimed "Laughing Yoga" program on Saturday, March 7, 2009, at 9:30 AM at the Downey Farmers Market. Different from traditional Yoga, Laughing Yoga focuses on controlled breathing exercises, positive thoughts, and laughter.

Guru Yogi Ramesh began Yoga at the age of five, and has been practicing for over 40 years. A Yoga teacher for the past 25 years, Yogi Ramesh is a member of the California Yoga Teachers Association and the founder of the Universal Yoga Center.

Featured in numerous publications, including the Los Angeles Times and the US News, Guru Yogi Ramesh is also the producer of the long-running television show "Universal Yogi" and has appeared on programs such as Oprah. For more information on Yogi Ramesh, visit his website at www.laughingyogi.org.

The Downey Farmers' Market is open every Saturday from 9AM to 1PM and is located on Second Street, between New Street and La Reina, one block north of Firestone Boulevard. More information on the Downey Farmers Market is available by visiting http://www.downeyca.org/city_farmersmarket.php

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For Immediate Release