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INSPIRATIONAL YOGA TEACHER, WRITER AND SPEAKER RELEASES SECOND BOOK

“The No-More-Excuses Guide to Yoga: Because yoga is for Every body”

By Kara-Leah Grant

“Anybody can practice yoga, no matter how inflexible, how old, how limited in mobility or what their body shape is.” - Kara-Leah Grant

If you can breathe, you can practice yoga. That’s the message from inspirational yoga teacher, writer and speaker Kara-Leah Grant in her second book, *‘The No-More-Excuses Guide to Yoga’*.

Through a regular yoga practice Kara-Leah was able to heal her chronic back issues, preventing a second spinal fusion (she had her first at age 16). With the launch of her new book *‘The No-More-Excuses Guide to Yoga’* she aims to bust through misconceptions that prevent people from trying and benefiting from yoga like she has.

In the book, Kara-Leah breaks down common excuses people have for not trying yoga - like thinking that they’re not flexible enough, that yoga’s only for women, that they don’t have the right body shape, that they’re too old, or that people with limited mobility can’t practice yoga.

An esteemed writer and teacher, Kara-Leah is also the publisher and editor of *The Yoga Lunchbox*, New Zealand’s most popular yoga website.

Marianne Elliott, Zen Peacekeeper, storyteller and author of *‘Zen Under Fire’* claims, “Kara-Leah has a rare ability to write about yoga in a way that’s accessible, relevant and entertaining, without oversimplifying or sensationalising her subject. She sets straight the common myths that obscure practice and cuts through the excuses to uncover real reasons we avoid yoga. I highly recommend it.”

It was Kara-leah’s persistent inquiry into the psychology of what brings people to the mat which lead her to write *‘No More Excuses Guide To Yoga’*. “I hear from people all the time who claim they want to try yoga, but feel they can’t. I kept wondering, what obstacles were preventing them from making it to class and what support would they need to help them on their yoga journey?” says Kara-Leah Grant.

While yoga is a \$27 billion dollar industry in the USA it has only just started to take off in a big way here in New Zealand. There are still thousands of people who haven’t walked into a yoga studio and aren’t benefiting from the mind-body practice. Many of them are put off by the recent craze in yoga selfies, which portray a skewed image of what yoga actually is.

As with her first book, Kara-Leah is donating \$1 from every print book and 5% of online sales to the Yoga Education in Prisons Trust (YEPT).

The No-More-Excuses Guide to Yoga is available through *The Yoga Lunchbox* website. It will also be available in bookshops by November for a retail price of \$29.00 NZD

Kara-Leah will be holding workshops, where she will be teaching the principles of the book at Wanderlust Great Lake Taupo in 2015, New Zealand’s biggest mindful, yoga and music festival, 29– 1st of February 2015. For tickets and more information go to www.taupo.wanderlustfestival.com

Review copies, press images and interviews available on request.

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-ENDS-

Note to Editor:

Additional Review; **Mark Whitwell, author of *Yoga of Heart and The Promise***

"Kara-Leah Grant's commitment to you and Yoga is astounding. She is holding your hand and leading you to the healing power of intimate connection. Kara-Leah is persisting and insisting that you can be completely intimate with the pure intelligence and beauty of your life. Your Yoga practice will be actual, natural, non-obsessive and daily! It is your direct embrace of the wonder that is your own reality. Let Kara-Leah lead you in this adventure that will transform you and transfigure you to the light and love that is our natural state."

About Kara-Leah Grant

Kara-Leah was the most inflexible person in the class when she started yoga - she couldn't touch her knees, let alone her toes. Consistent and regular practice helped her heal chronic back issues and now she is both bendy and pain-free. When she experienced two episodes of psychosis in 2004, it was her yoga practice that helped her put the fragmented parts of her psyche back together. These experiences taught her how to claim her own power, connect to her internal wisdom and step into spontaneous flow. Now, this is what she teaches on the mat, writes about in her books and on her website. Kara-Leah is the publisher and editor of *The Yoga Lunchbox*, New Zealand's most popular yoga website. She has been invited to teach and speak at Wanderlust Great Lake Taupo in 2015, New Zealand's biggest mindful, yoga and music festival. Already a successful published author, this is Kara-Leah's second book. Her first, *Forty Days of Yoga*, was published last year and has just gone into its third print run. <http://theyogalunchbox.co.nz/>

About Yoga Education in Prisons Trust

The Yoga Education in Prisons Trust is a registered charitable trust providing yoga and meditation education for prisoners in New Zealand. We recognise that the restrictive environment of a prison may be more conducive to internalisation and contemplation. Therefore it can be regarded as an opportunity to use the time-tested techniques and tools of yoga and meditation for personal growth and well-being. Experienced teachers provide a safe, supportive environment that allows the prisoners to let go of fears and restrictive patterns, explore aspects of themselves that can enhance social integration. <http://www.yogainprisonstrust.org/>

Quote From YEPT:

"We're stoked Kara-Leah is again donating a portion of her book profits to YEPT. That money is invaluable to our organisation as we are still very grassroots and we're on the edge of great things happening that we need to support, Yoga makes a huge difference to people in prisons because it is a practical science as well as a holistically nurturing process of self transformation moving from negative to more positive attitudes."

- Adhyatma, a Satyananda Yoga Teacher is one of the founders of YEPT.