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Middletown Yoga Studio Offers 40-Day Spring Detox
To Rejuvenate Body & Mind

Spring is a time of natural cleansing and renewal. That is why the [Innerlight Studio for Yoga in Middletown](#) is running a new 40-Day Program from April 1 – May 5. This program is designed to support the body and mind with gentle detoxifying practices and nutrition to help participants flush away winter’s heaviness and prime for a light, clear and energetic summer. It features lifestyle practices that will allow participants to feel their absolute best. These practices include yoga, healthy eating, meditation and self reflection and how they can become a part of one’s daily life. Kim Chandler, owner and director at Innerlight and Jeannette Bessinger, a board certified health counselor and nutrition educator are co-directing.

The Spring Detox program will immerse participants in the core practices of a healthy lifestyle to help them “turn the key” to unlock greater health - a healthier weight, vibrant energy, a more radiant appearance and connection to one’s inner wisdom .

Benefits that may be derived from the program include the ability to eat healthier more naturally, move more fluidly, live with less stress, and to bring more peace into the center of life.

Anyone interested in learning more about the program is invited to a free one-hour question & answer meeting at the studio on Friday, March 25 at 12 Noon. Innerlight is located in Middletown Commons at 850 Aquidneck Avenue, Middletown, RI.

The cost for the 40-day program that includes unlimited yoga classes, a weekly program meeting, plus discounts on future yoga classes and private consultations with Jeannette is \$300. Call 401 849-3200 with questions or email Kim Chandler, owner of Innerlight at kim@innerlightyoga.com.

Calendar Listing

When: Friday, March 25, 12 Noon

Where: Innerlight Center for Yoga, Middletown Commons, 850 Aquidneck Avenue, Middletown, RI

What: A free Question & Answer session for an exciting new program: ***Transformation Bootcamp: 40 Days to Reset Mind and Body*** that begins on Friday, April 1.

Info: www.innerlightyoga.com 401 849-3200

About Innerlight & Kim Chandler

Innerlight is celebrating 15th Anniversary. The studio presents a variety of classes taught in several styles such as Vinyasa, Kripalu, Bliss, and Anusara. Levels offered range from gentle to vigorous and beginner to advanced. All of Innerlight's teachers are professionally trained and certified. The studio is conveniently located at Middletown Commons with plentiful safe parking. Drop-ins are always welcome for a fee of \$16 per class. Multi-class cards are available at discounted rates. New students can obtain a free pass for their first class by emailing kim@innerlightyoga.com. View the current schedule of classes and workshops at the studio's website: www.InnerlightYoga.com. Call 401 849-3200 for more information.



Kim Chandler, founder and director of Innerlight has taught yoga full time since 1990. A former Associate Director of the Kripalu Yoga Teachers Association, Kim is an adjunct faculty member at Kripalu where she directs programs several times a year.

About Jeannette Bessinger



Jeannette Bessinger, “the Clean Food Coach”, owner of Balance for Life, LLC (www.balanceforlifellc.com), is a board certified health counselor and award-winning lifestyle and nutrition educator. She is the author of **Great Expectations: Best Food for Your Baby and Toddler** and co-author of **Simple Food for Busy Families**. She is also co-author and recipe designer for **The Healthiest Meals on Earth**, **The Healthiest 15-Minute Recipes on Earth** (Dec 2010), and **The Most Effective Ways to Live Longer Cookbook** (spring, 2011) with Dr. Jonny Bowden.

Designer and lead facilitator of a successful hospital-based lifestyle change program at Newport Hospital, she acts as a consultant and speaker to public and private groups and coalitions working to improve the health of schools and cities in the U.S. Her simple, practical approach has helped hundreds of women successfully meet the challenges of imbalanced health and nutrition with hope and grace.

As co-founder of the Real Food Moms (www.realfoodmoms.com) she and her R.D. partner provide busy moms with quick answers for how to feed their families well.