

FOR IMMEDIATE RELEASE

Press contact: Holly Martin
(310)798-6919

Urban Mystics Yoga

Awakening Good Vibrations in the Heart of Downtown

LOS ANGELES -- Building upon the vision of supporting a vibrant, multi-layered community (live-work-play) in the heart of downtown, the premiere Gerry Building, a property of MJW Investments, hosts the opening of *Urban Mystics Yoga*.

Co-founded by local yoga instructors, Cynthia Michel and Lynda Carré, *Urban Mystics Yoga* brings the ancient wisdom of yoga to a modern world. Centrally located at the four corners of LA's fashion marketplace, within the district's newly restored, historic art deco Gerry Building, *Urban Mystics Yoga* is dedicated to serving the entire downtown, apparel community with a range of class offerings, including: special market week programs, ongoing weekly classes, intro to yoga workshops and small group and private sessions.

Each class is a journey of breath and movement, facilitated by music. Classes are designed to help students move from an external experience of themselves and their world, into a deeper state of awareness, resulting in greater freedom for the mind, body and spirit. The health benefits of a regular yoga practice are widely acclaimed and include, but are not limited to, enhanced: strength and flexibility, total body toning, anti-aging benefits, mental clarity, creativity and peace of mind.

"Our goal for Urban Mystics Yoga is to offer a designated community relaxation zone in the heart of the fast-paced fashion district," said co-founder, Cynthia Michel. "Hatha yoga is a great way to clear the mental and physical clutter that literally creates a drain on the stores of vital creative energy."

Ongoing mixed-level classes will kick-off Tuesdays and Thursdays at 6 p.m., beginning Tuesday, November 12th and continue weekly thereafter. As these classes are mixed-level classes, beginners are welcome.

Showrooms, manufacturers, and other collectives can arrange for small group instruction; and individuals for private instruction, during off-class hours for special attention and support in developing a yoga practice. Small group and private instruction is arranged by appointment only.

Housed within the retro-elegance of the Gerry Building, the *Urban Mystics Yoga* studio is located at: 910 South Los Angeles Street, Suite 508.

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An independent yoga instructor and dedicated student of spirituality and yoga for over a decade, Michel's goal in teaching yoga is to help students progressively discover, claim and direct more of their own innate, creative energy.

In addition to years of study and practice in metaphysics, she has completed teacher certification and advanced-study yoga programs at Maha Yoga with Max Strom, Sarah Powers and Tias Little; Forrest Yoga with Ana Forrest and in Rapolano, Italy with Gabriella Giubilaro. Her practice has also been shaped by a number of other world-renowned senior teachers such as: Patricia Walden, Erich Schiffman, Sharon Gannon and David Life.

A featured teacher at two distinguished, Westside Los Angeles yoga studios, Sacred Movement Yoga and In Yoga, Carré assists her students with yogic methods that open, expand, strengthen and integrate mind, body and spirit. She has been practicing yoga since 1987, completing teacher certification at Maha Yoga with Max Strom, Sarah Powers and Tias Little and the Yogi Training intensive at White Lotus Foundation, with Steve Ross.

Carré can also be seen twice a week on the popular yoga class television show, *Inhale*, on the cable network OXYGEN Channel. The televised class is hosted by yogi, Steve Ross, and airs in most major cities across the United States.

For more information and class schedule updates, call *Urban Mystics Yoga* at: (310) 712-2523.

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MJW Investments owner of The Gerry Building was founded in 1983, and acquires and manages real estate for its own portfolio. MJW has been a California State Court appointed receiver on over 300 real estate cases. The company currently owns and manages \$150 million of California real estate comprised of 1,000 apartment units and over two million square feet of commercial and industrial space, with more than 70 employees at the MJW facilities in various offices.

October 25, 2002

Gerry Building Snags Five New Tenants

The Gerry Building in the Fashion District, which opened in August as part of a 600-unit mixed-use residential project, has signed five new tenants in the last month. The arrivals are: Freedom Eleven showroom; Jini & Company; Kemistre 8 Akademiks; Mocha and Associates; and Monta Mundo. The Art Deco building at 910 S. Los Angeles St. is the newest wholesale fashion showroom building in the area and houses eight floors of showroom and design space. Urban Mystics Yoga has also signed on as a tenant, and will cater to the Downtown apparel community with yoga classes.

(page 2, 10/28/02)

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