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FOR IMMEDIATE RELEASE

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**CELEBRATED YOGA INSTRUCTOR TO LEAD LOCAL MEMORIAL DAY FUNDRAISER
Join donation-based yoga session with Noah Mazé in El Portal, California**

Noah Mazé is one of the most sought-after, advanced, and proficient practitioners and teachers of Anusara® Yoga, a style popularized by celebrity yogi John Friend. In Noah's classes, yoga philosophy, myths, and stories weave together with yoga postures, breathing practices, and meditation to create a powerful and transformative experience.

On Memorial Day weekend, Noah is teaming up with Balanced Rock, a local non-profit, for a weekend of yoga and hiking that will culminate in a donation-based fundraiser yoga session. The fundraiser will be held on Monday, May 30 from 9:00am – 11:00am at the El Portal Community Hall. The yoga session is open to the public on a first-come, first-served basis. Email info@balancedrock.org for an advanced reservation. The community hall can accommodate approximately 50-60 yoga mats. There will also be a silent auction including Giants tickets and a weekend stay for two at a beautiful cottage in Point Reyes. Food will be available for purchase after the yoga session.

Individual fee-based yoga classes with Noah are also available on Friday, May 27, Saturday, May 28, and Sunday, May 29—see www.balancedrock.org for details and to reserve.

Funds generated during Noah's Memorial Day yoga session will be used for Balanced Rock's scholarships and empowerment programs for low-income and underserved populations. Balanced Rock is a Yosemite-based non-profit whose mission is to inspire people to live more meaningful, healthy, and sustainable lives through deep connection to nature, community and themselves. Their programs for mind, body, and spirit wellness focus on journeys in the Yosemite Wilderness. Special programs have included free community yoga, Women of Color expeditions, and self-care courses designed for social workers.

One local program that will benefit from the fundraiser is the Yosemite Youth Expedition for Mariposa youth, a partnership project with Mountain Crisis Services, Ethos Youth Center, Mariposa Safe Families, and the Mariposa County Unified School District. This program brings local high-school-aged youth into Yosemite National Park on dayhikes leading up to a 4-day Wilderness Expedition. The next Wilderness Expedition is scheduled for June 16-19 in Yosemite National Park.

For more information, visit www.balancedrock.org, email info@balancedrock.org or call (209)379-9453. Photos attached.

Balanced Rock Foundation
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