



For Immediate Release

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Ultra Cool Yogi Tara Stiles Is Reinventing Traditional Yoga Practice With Yoga Anywhere The New York Sessions DVD –A Hip, Modern Style Of Yoga Shot In Famous Locales In NYC

LOS ANGELES, June 23 – Watch It Now Entertainment, a leading provider of health and fitness content, and yoga expert Tara Stiles, today announced the release of [Tara Stiles Yoga Anywhere The New York Sessions DVD](#), an authentic reinvention of traditional yoga, shot in some of the most beautiful places in NYC, where Tara’s Strala Yoga studio is based.

Known for her downtown, all natural sensibility, Tara provides a fresh take on the ancient practice of yoga, with an innovative and effective Yoga program that will appeal to both the novice yoga enthusiast and the advanced practitioner. “I wanted to make authentic yoga available to everyone without the pretension or intimidation factor that has surrounded modern yoga culture,” Said Tara, who added “whether you’re working toward weight loss, want to reduce stress, or get an extra boost of creativity, Yoga Anywhere sheds obstacles, and gets you on the path to living your best life”.

[Yoga Anywhere The New York Sessions](#) features a flawlessly carved out 60 minutes of strong, yet graceful yoga, with Tara showing you the basics, then guiding you through more advanced moves with her precise form and expert instruction. Highly effective, Tara combines flexibility, endurance, and balance in intense, calorie burning sequences that progressively challenge your body, penetrating deep to elongate and streamline your physique to its tiniest point.

[Yoga Anywhere The New York Sessions](#) also features 4 bonus routines, that can only be described as yoga art. Hip, stylized scenes set to rock music, with Tara performing the most inventive poses, in the most unexpected places. From the tunnels in Central Park to the famous FlatIron Building on Fifth Ave., the intent is to inspire the practice of yoga anywhere; you have to see to believe!

This is yoga at its finest and coolest. A total mind and body invigorating workout that delivers an intense burn, to tone and define muscles you never knew existed. Practice daily to receive all of yoga’s health

improving benefits including weight-loss, stress-relief, detoxification, and an increase in muscle tone for a slimmer, more defined yoga physique.

Yoga Anywhere The New York Sessions is available for pre-sale online now at <http://tarastilesdvd.com>.

About Tara Stiles

Tara Stiles, author of *Slim Calm Sexy* (Rodale), personal yoga instructor to Deepak Chopra, and resident expert of the Women's Health Yoga Channel, promotes the ideology of "yoga for everyone." Tara has inspired a wide audience around the world with her healthy and relatable approaches to exercise, awareness, nutrition, and everyday well being. Her intention is to spread the benefits of yoga into preventive healthcare, and normalize the practice by translating ancient yoga traditions and ideas into something more people can get involved with, regardless of lifestyle and body type.

About Watch It Now Entertainment (WIN)

Watch it Now Entertainment (WIN) is a full service production, marketing/pr and distribution company specializing in lifestyle, fashion, health and wellness content. As one of the premiere fitness production houses in America, WIN has been commissioned by studios and distributors including Warner Bros., GAIAM, Anchor Bay Entertainment/Starz, LionsGate, and Paramount Home Video to produce and direct celebrity-driven fitness series. These productions include workouts featuring Kim Kardashian, Jane Fonda, Bob Harper, Billy Blanks, Julianne Hough, Sting & Trudy Styler, as well as branded series including "So You Think You Can Dance," "Elle Make Better", and "Skinny Bitch Fitness", based on the New York Times best-selling book series.