

FOR IMMEDIATE RELEASE

***Yoga in No Time at All* Wins Four Book Awards**

*An unprecedented creative book demonstrating how yoga can be integrated with ease into a busy schedule and the average person's daily life, *Yoga in No Time at All* proves popular with the critics.*

Lexington, Kentucky, Dec. 9, 2010 – *Yoga in No Time at All*, published by PranaPower, LLC and written by Joel DiGirolamo, has been recognized by four independent book awards. One of more than a million books published in 2009, *Yoga in No Time at All* has clearly broken away from the pack.

Yoga in No Time at All has achieved the following recognition:

- Gold Medal winner of the Readers Favorite Award 2010 for Health
- Finalist in the fitness category of the 2010 National Indie Excellence Awards
- Bronze Medal winner of the 2010 Living Now Book Awards in the Yoga/Pilates/Bodywork category
- Award-Winning Finalist in the Health: Exercise & Fitness category of the National Best Books 2009 Awards

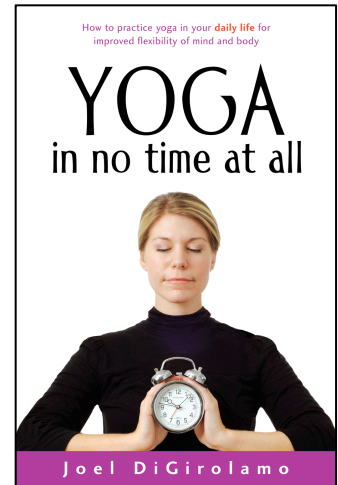
“These awards validate the universal appeal of the concept, design, and content of *Yoga in No Time at All*,” said author Joel DiGirolamo. “I am honored that the book has received these awards and is recognized nationally as an exceptional work.”

Yoga in No Time at All provides 39 poses that can be done while you are brushing your teeth, putting on your socks, standing in line at the grocery store, and during many other activities. These poses will assist you in maintaining strength, balance, and flexibility and require relatively little effort. The description of each pose includes:

- time required
- benefits
- difficulty level
- muscles awakened
- related traditional yoga poses

About the Book

Yoga in No Time at All was published on June 8, 2009. This 168-page, 6"x9" softcover book (ISBN 978-0-9770884-6-1) is available through the nationwide wholesaler Baker & Taylor, New Leaf Distributing, Integral Yoga, The Clark Group,



Amazon.com, and other book retailers. A Kindle version (ISBN 978-0-9770884-5-4) is available from Amazon.com. More information, including a media kit and sample pages, is available at <http://yogainnotimeatall.com>.

About the Author

Joel DiGirolamo is a Registered Yoga Teacher with Yoga Alliance and teaches Ashtanga yoga. He has received training from Sharmila (granddaughter of Sri K. Pattabhi Jois) in India, Doug & David Swenson, Ginger Garner, Amanda McMaine, and several other dedicated yoga instructors. He is a student and practitioner of Kundalini Yoga as well as PEAT energy therapies. Joel has earned an engineering degree, an MBA, and a Masters degree in Psychology. He has been a keynote speaker at several consumer electronics and agricultural conferences and has appeared on several TV and radio promoting *Yoga in No Time at All*.

About PranaPower, LLC

PranaPower, LCC is in the business of publishing high quality books and providing learning experiences for professionals in all industries.

Contact: Joel DiGirolamo (859) 539-6882 joel@jdigirolo.com

###