



# MAYA FIENNES LAUNCHES HER NEW BOOK YOGA FOR REAL LIFE

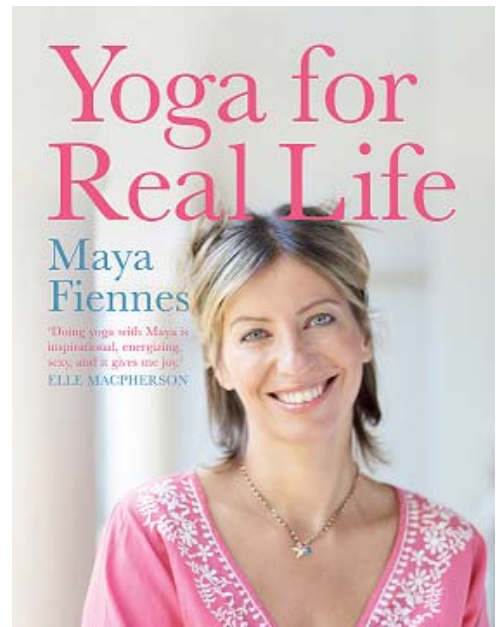
At last! – Yoga joins the mainstream with this unique style of yoga and meditation for modern living, based on the Kundalini method.

Fun, uplifting and inspirational Maya Fiennes will do for relaxation and yoga what Nigella Lawson has done for food and cookery. In **YOGA FOR REAL LIFE**, Maya has written a book that brings yoga principles into all aspects of your everyday life.

Kundalini is a very direct form of yoga with an immediate effect, combining movement, breathing and chanting to energise the body and relax the mind, while strengthening the body’s nervous and immune system.

Maya who teaches the Kundalini method in classes and workshops around the world and on Sky TV, introduces the principles, shares her story, and reveals the secrets of Kundalini Yoga that have helped her and her students to manage the stresses and strains of everyday life and to face the challenges that most of us encounter at some stage in our lives.

[www.mayaspace.com](http://www.mayaspace.com)



### Programme for the Evening:

- 7:30-8:15pm Yoga Class with Maya
- 8:15-8:30pm Questions & Answers
- 8:30-9:00pm Book signing

**Maya Fiennes** was born in Macedonia and now lives in Los Angeles. She came to England in the early 1990s to complete her training as a classical pianist at the Royal College of Music and was soon playing with dazzling virtuosity at private recitals to audiences as diverse as the United Nations Assembly and members of the Royal Family. Maya runs regular yoga workshops and retreats using her original music, which she also performs live in concert. Her first DVD was launched in 2007. A TV production of *Maya and the Seven Chakras through Kundalini Yoga* was completed last year and launched on Sky. In August 2008 she released her first DVD box set of *A Journey through the Chakras*. She has also created and designed a range of contemporary yoga products. This year her workshops, retreats and tour destinations include Bali, Beijing, Hong Kong, Singapore, France, London and Los Angeles. Maya is married to music producer Magnus Fiennes and has two daughters aged ten and twelve.

MONDAY, 18<sup>TH</sup> JANUARY 7:30PM – 9:00PM FEE: £15

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