

FOR IMMEDIATE RELEASE

## ***Yoga in No Time at All* Chosen National Best Books 2009 Awards Finalist**

Lexington, Kentucky October 27, 2009 – *Yoga in No Time at All*, published by PranaPower, LLC, has been chosen as a finalist in the National Best Books 2009 Awards Health: Exercise & Fitness category by USA Book News. Each year National Best Books Awards are presented to books from businesses ranging from large mainstream publishers to self-publishers.

“This award highlights the unique idea and beauty of *Yoga in No Time at All*,” says author Joel DiGirolamo. “I am certainly pleased that our thoughts, words, and visual design have been recognized by this award.”

“We spent a significant amount of time testing concepts and designs for this book and it is certainly encouraging to see the results acknowledged with the award,” said Trish Noe, principal at Noe Design, Inc. “Bringing a new idea to market gave us the freedom to start fresh with a unique approach. Reader reactions have confirmed that the book is visually appealing and easy to navigate.”

*Yoga in No Time at All*, published by PranaPower, LLC, provides 39 poses that can be done while you are brushing your teeth, putting your socks on, and during many other activities. These poses will assist you in maintaining strength, balance, and flexibility and require 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, Amazon.com, and other book retailers. More information, including sample pages, is available at <http://yogainnotimeatall.com>.

### **About the Author**

Joel DiGirolamo has been practicing yoga since 1967. He currently practices and teaches Ashtanga Yoga, a dynamic and vigorous form of Hatha Yoga. His training has come from many instructors in the US and India and he looks forward to becoming a Registered Yoga Teacher in October 2009. He is a keynote speaker and has worked with the media in several capacities.

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