

NEWS RELEASE

FOR IMMEDIATE RELEASE

March 5, 2009

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Shakti Rising's LOVE YOUR LIFE DAY, An afternoon of FREE Community Classes

San Diego, CA, March 5, 2009—Shakti Rising invites you to participate in **LOVE YOUR LIFE DAY** an afternoon of **FREE** community classes on Saturday, March 14, 2009 from 1:00 – 4:00 p.m. Classes featured include Shakti Rising's signature personal growth class, yoga and dance, nutrition and cooking with herbs. For more information about Shakti Rising and for a complete course schedule, visit www.shaktirising.org.

Keynote speaker Christine Arylo – author, coach, relationship and love expert – will be discussing and signing copies of her newly published book *Choosing ME before WE, Everyone Woman's Guide to Life and Love*. For more information about Christine Arylo, visit her website <http://www.mebeforewe.com/>.

LISTING INFORMATION FOR SHAKTI RISING'S LOVE YOUR LIFE DAY:

What: Shakti Rising's **LOVE YOUR LIFE DAY** an afternoon of **FREE** Community Classes

When: Saturday, March 14, 2009 from 1:00 – 4:00 p.m.

Where: Shakti Rising: 2404 F. Street, San Diego, CA 92102

Cost: **FREE**

Who: All ages event

Contact: Call 619-501-2746 or visit www.shaktirising.org for more information.

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Shakti Rising is an innovative nonprofit organization working to create large scale social change by providing holistic, empowerment-based programs that facilitate individual and community transformation. Our work actively promotes community well-being by creating woman and child friendly societies that are safe, healthy, vibrant, diverse, sustainable and culturally alive. Our mission is to empower young women to uncover, rediscover, and reclaim their whole selves. For more information about Shakti Rising, please visit www.shaktirising.org or call 619-501-2746.