



Share Yoga's Inspired Gifting with Yoga Gift Baskets Hits the Shopping Scene

ShareYoga.com, an online yoga boutique, features Shiva Rea in its flagship yoga gift baskets for the holiday season.

(PRWEB) December 1, 2006 – Share Yoga (www.shareyoga.com), the Los Angeles based online yoga boutique, is quickly gaining momentum as an up and coming E-tailer offering its flagship product line of inspired yoga gift baskets for a healthy alternative gift this holiday season. The gift baskets are chock-full of yoga tools and accessories to inspire potential, and experienced, yoginis towards a healthy practice of yoga.

The Ultimate Yoga Gift Basket at Share Yoga features Shiva Rea's Yoga Shakti DVD, the first user-personalized practice DVD designed to immerse practitioners in the free flow of shakti, the dynamic, creative fire of the universe, which is a great at-home practice for all levels of yoga students. Shiva Rea, an internationally acclaimed vinyasa flow yoga teacher, writes for Yoga Journal and is the author of award-winning CDs and DVDs to empower and transform your yoga home practice.

"We're honored to offer Shiva Rea products in our online store. She's a force in the industry and has really helped introduce yoga to more people than ever before," shares Share Yoga founder Darla Brown. "We aim to offer products by conscious individuals and companies who participate actively in making the world a better place."

In fact, Share Yoga offers several customization options for its yoga gift baskets, including the ability to add-on fun and colorful yoga tools that make the gift basket fitting for even an advanced yoga enthusiast. Each basket is made to order and beautifully assembled in a reusable Pandan basket according to your choices in an easy to use form on the Share Yoga website. This holiday season Share Yoga will also offer a messenger delivery service in the Los Angeles

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area for those wanting a personalized giving experience in addition to its regular and express shipping options it offers nationwide.

“We’re pleased at the response our gift baskets have received. It just confirms our belief that those who experience the benefits of yoga want to share those benefits with their friends,” expresses Share Yoga’s Darla Brown. “That’s what we’re all about. That’s where our name originated from: a desire to *share yoga* with others.”

About Yoga

Yoga originated as an ancient Hindu discipline originally described in the Hindu spiritual text the Bhagavad Gita. The word Yoga means union, and comes from the Sanskrit "yuj" which means "to join" or to bring together into union the various aspects of yourself that were never divided in the first place. Today, yoga is generally recognized as a system of exercises practiced to generate a healthy body and mind. Health benefits of yoga include weight loss, easing of symptoms of depression, and increased vitality and energy. Yoga has come to the forefront of Western consciousness thanks in part to celebrities like Madonna, Jennifer Aniston and Gwyneth Paltrow who are all avid devotees to the practice.

About Share Yoga (www.shareyoga.com)

Share Yoga is an online retail store specializing in clothing and products for the yoga lifestyle. Additionally, Share Yoga aims to provide information on charitable giving intended for a community of like-minded individuals. Those who have experienced the benefits of yoga realize that sharing yoga not only helps others, but also our selves, and ultimately humankind. Share Yoga is our name but, more importantly, it is our mantra. Share the om. TM

Visit the Share Yoga site (www.shareyoga.com) to shop its entire product line and for downloadable photos of the yoga gift basket.

For more information, please contact Share Yoga at 310.862.4792.

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