

FOR IMMEDIATE RELEASE

# **Sage Yoga Adds StrongBoard Balance® for New Yoga Fusion Class Beginning July 21**

## ***SoCal Studio Presents the First-of-its-Kind Fitness Program Featuring Yoga Curriculum on State-of-the-Art Balance Board***

FALLBROOK, California (July 18, 2017) – [Sage Yoga Studios](#) has partnered with StrongBoard Balance® to offer Yoga Fusion classes, a first-of-its-kind curriculum blending traditional yoga with balance and strength training. Vanessa Anderson who holds both RYT-200 and StrongBoard Balance certifications, will be teaching Yoga Fusion beginning on July 21 and continuing every Friday at 5:30 p.m. at Sage Yoga, 115 N. Main St. Fallbrook, CA 92028.

**The first class is FREE to all SoCal residents. Media on assignment are invited to participate, cover the class and request more information from the instructor. RSVP is required as space is limited.** To RSVP, visit [Sage Yoga Studios](#), or call (760) 451-8771.

Sage Yoga Studios owner, Reyna Beckler is excited to debut the new class and says, "I'm beyond thrilled to partner with StrongBoard Balance and to be able to offer this amazing format to our yoga students and community."

ACE Certified Personal Trainer, and founder of StrongBoard Balance, Mike Curry is pleased with the expansion into yoga. He says, "we have been hearing more and more about the benefits of StrongBoard for yoga practitioners. I am thrilled to see Reyna Beckler and Vanessa Anderson of Sage Yoga introduce this programming and I'm looking forward to the feedback we receive from their community."

The 60-minute StrongBoard Yoga Fusion class will give participants an unparalleled workout featuring StrongBoard Balance, a state-of-the-art, military grade balance board. It will meld elements of traditional yoga with StrongBoard's unique platform, which is designed to improve balance, strength, mind-body connection, proprioception, agility and function for optimal athletic performance and fitness.

The specialized program with the innovative balance board works the entire body, providing extra focus and attention on the abdominals, hips, buttocks, and arms. The class produces an effective combination of balance training, core strengthening, and resistance. Working out on StrongBoard Balance takes users of all fitness levels just beyond their comfort zone, to deliver immediate and profound results.

StrongBoard Balance is a portable, electricity-free platform resting on four compression springs, which allows people to train by using their own body weight for resistance during full-motion exercises.

To register for classes, please visit [www.SageYogaStudios.com](http://www.SageYogaStudios.com) or call (760) 451-8771.

**About Sage Yoga Studios:**

Sage Yoga Studios is a full-service yoga studio located in the heart of Fallbrook, California. With three studios and over 40 classes per week, there is a yoga class for every BODY. Among the classes offered are heated and unheated, as well as the newest additions of Trapeze Yoga and Tween/Teen Aerial classes. Besides its variety of classes and programs, Sage Yoga offers a variety of workshops and programs for all ages. For more, visit [www.SageYogaStudios.com](http://www.SageYogaStudios.com) or call (760) 451-8771.

**About StrongBoard Balance:**

STRONGBOARD BALANCE employs patented multi-spring technology which promises users will never find a point of stabilization. Compressing under any weight bearing load, including the human body, StrongBoard's springs are both reactive and dynamic. Featuring over 180 degrees of tilt in every single direction, simply standing on StrongBoard requires total core engagement. Unlike other balance devices on the market, STRONGBOARD BALANCE offers a flat, rigid platform, and it's perfect for standing on one foot or two, planking on one hand or two, and v-sit exercises. Designed by ACE certified personal trainer, Mike Curry and a team of engineers, StrongBoard is easy and safe to get on and off, and it's flat platform protects joints and surrounding ligaments from unnatural supination or strain, allowing the user to mimic real-life movements in all positions. STRONGBOARD BALANCE weighs 15 pounds and may also be used as a weight for bicep, tricep, chest and abdominal exercises. In addition to the muscular and skeletal benefits, use of StrongBoard requires the muscles to communicate with the brain, effectively opening, healing, restoring and strengthening delicate neural pathways. The biomechanics of spring technology coupled with the rigid platform require users to find their true center of gravity, allowing these neural pathways to be created or restored without fragmentation. For more information, visit <http://StrongBoardBalance.com>, [www.Twitter.com/StrongBoard](http://www.Twitter.com/StrongBoard), [www.YouTube.com/user/StrongBoardBalance](http://www.YouTube.com/user/StrongBoardBalance), or [www.facebook.com/StrongBoard](http://www.facebook.com/StrongBoard).

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