

# LIVE

# BEYOND...

## THROUGH YOGA UNITES™

Help raise funds and awareness for Living Beyond Breast Cancer's education and support programs at an outdoor yoga class followed by a Healthy Living Expo on the steps of the Philadelphia Museum of Art.

**7th Annual Yoga Unites**  
for Living Beyond Breast Cancer  
**Sunday, May 17, 2009**  
**8:00 AM - 12:00 PM**

For information and fundraising ideas:  
**(610) 645-4567** or visit  
[yoga4livingbeyondbreastcancer.org](http://yoga4livingbeyondbreastcancer.org)

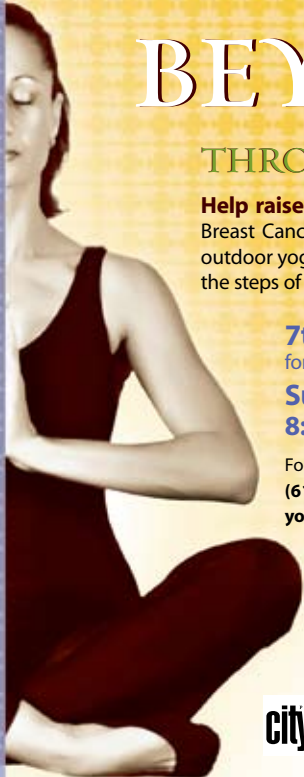


**Register by**  
**May 14**

Adults-\$30,  
Children  
(under 12)-\$15

**Walk-In**  
**Registration Fee**

Adults-\$40,  
Children  
(under 12)-\$25



**SPECIAL THANKS** TO THE SPONSORS WHOSE GENEROUS CONTRIBUTIONS MAKE THIS PROGRAM POSSIBLE.



# Spotlight

## Allison Sobel

Owner, Focus Fitness



**The Movers & Shakers**



**A**fter devoting nearly twenty years to the health and fitness industry, Allison Sobel is now realizing her dream, as owner of her own boutique yoga, spinning and pilates studio, **Focus Fitness of the Main Line**. Allison created Focus Fitness to address the area's need for a unique and specialized health and wellness facility.

On the Main Line, Allison is highly regarded for her unique and safety-conscious training approach. She has been known to pack her studio with devoted riders, addicted to her energy and zest for the ride, on the bike and in life. During each yoga class, Allison takes her students on a wellness journey, blending intense training with personal soulfulness to facilitate an awakening of the mind, body, spirit, and soul. Some of her students have described her classes as "a religious experience". She teaches them how to connect those elements and utilize those connections in everyday life, to feel calmer and more at peace.

So, what makes Focus Fitness one of the Main Line's best workout spots? The authentic bamboo floors, awesome trainers, top-of-the-line equipment, a spa-meets studio feel, and interesting classes (like Allison's, signature "YeS" class - a Yoga and Spinning combo). Beyond that, Allison is committed to facilitating her students' personal and spiritual development, as well as interpersonal connectedness. She wishes to cultivate a devotion to and awareness of the world beyond her studio via sponsoring events intended to make our community a better place in which to live.

Allison and the Focus Fitness Team's goal for every client is the same: To empower you so you are ready to tackle life's next challenge.

Find a class online at [www.focusfitnessml.com](http://www.focusfitnessml.com). When you go, bring your Phlare (or just tell them we sent you) and your first class will be free!

1111 East Lancaster Ave  
Bryn Mawr, PA, 19010  
610-525-5515  
[www.focusfitnessml.com](http://www.focusfitnessml.com)



**Free class offer valid for first time customers only.**