



## **MEDIA ADVISORY / PHOTO OPPORTUNITY**

### **Trish Stratus helps Leafs with their goals – fitness goals! - Former wrestling legend, yoga expert gives the boys in blue a new position to try.**

**Toronto, ON, November 4, 2009** – Former WWE Champion Trish Stratus continues her journey from the wrestling mat to the yoga mat as she sets out to spread the word on the benefits of yoga. As a certified yoga instructor and proprietor of Stratusphere Yoga Studio in Vaughan, Ontario, Stratus proves that yoga is for everyone, especially athletes.

Earlier this year Stratus developed a custom yoga sequence for golfers and in a partnership with Callaway Golf, hit the links and saw golfers across Ontario take their game out of the 'stratusphere'.

Stratus puts the Toronto Maple Leafs through some poses to demonstrate how a yoga practice facilitates the mind-body connection and will improve flexibility, core strength, balance and stamina. Continued practice will also develop breathing techniques that can be instrumental in reducing performance anxiety and dramatically improve focus and concentration.

**WHAT:** Trish Stratus will put the Toronto Maple Leafs through a series of yoga poses.

**WHO:** Trish Stratus (owner, Stratusphere Yoga Studio) & Toronto Maple Leafs players (Garnet Exelby, Luke Schenn, Jay Rosehill, Viktor Stalberg, and Mike Komisarek)

**WHEN:** Wednesday, November 11, 2000 at 3pm

**WHERE:** Stratusphere Yoga Studio  
Located in the Village at Vaughan Mills (NW corner of Edgeley Blvd & Bass Pro Mills Drive)  
255 Bass Pro Mills Drive, Vaughan, Ontario

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## **ABOUT STRATUSPHERE YOGA STUDIO**

Stratusphere Yoga Studio is a 5,200 sq. ft. multi-disciplinary yoga centre in Vaughan, Ontario, offering classes in a variety of yoga disciplines. For more information please visit [www.stratusphereyoga.com](http://www.stratusphereyoga.com).

## **ABOUT TRISH STRATUS**

Trish Stratus, a seven-time WWE Women's Champion, retired from the world of professional wrestling in 2006. In 2008, she co-produced *Stratusphere*, a travel documentary series currently airing on the travel+escape network as well as Discovery HD. After using yoga as a means to rehabilitate a herniated disk she suffered during her wrestling career, Stratus studied and continued to practice yoga and subsequently opened Stratusphere Yoga Studio. She is currently developing Stratusphere for Wii, an interactive yoga game slated for release Q2 2010. For more information, please visit: [www.trishstratus.com](http://www.trishstratus.com)

## **For more information:**

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