



Media Kit

NAAM YOGA® | www.naamyoga.com

NAAM YOGA is practical and powerful, spiritually uplifting and rooted in authentic, ancient practices from the east and west. Naam Yoga is unlike other forms of yoga, as it includes a unique combination of movement, breath work and healing through sound (mantra) and one of the world's fastest growing forms of yoga.

Naam Yoga Therapies is both preventative and prescriptive for addressing specific diseases. It can be practiced by people of all ages and health and fitness levels.

This complete science and yogic practice works with sound, movement, and breath to restore the flow of vital energy throughout the entire body and an invaluable self-healing technology that balances the brain, the glandular, digestive and nervous systems, allowing people to experience vibrant health and well-being.

Currently reaching thousands of people worldwide, Naam Yoga is helping to heal disease, relieve chronic and emotional pain, manage stress and reduce anxiety and depression. Naam Yoga workshops, yoga classes, training programs (online and in person) are available worldwide with franchises in Brazil, Czech Republic, Germany, Italy, Mexico, New Zealand, Spain and Switzerland and New York City, USA

Dr. Joseph Michael Levry is the founder of Naam Yoga, it's International Headquarters, Naam Yoga Los Angeles (Naam Yoga LA) Healing and Research Center and 10 international franchises.

We are all about serving the community. We provide many free programs and services with our community partners including Latino Diabetes Association, Step-Up on Second, Cancer Support Community Benjamin Center, and St. Joseph Center. By "Giving Naam", community members can help support us to expand our services to the broader community. Naam Yoga is a 501 (c)(3) non-profit organization. We have already held over 550 community outreach classes serving over 6500 people with a range of different conditions and are continuing to increase this outreach every day.

MEDIA CONTACTS

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What people are saying about Naam Yoga

September 2013 - KTLA

"it's yoga for a good cause.." Gayle Anderson in Santa Monica for Coastal Clean up Day

August 2013 CNN Latino

71 year old diabetic Enrique Vazquez tells CNN host Elizabeth Espinosa he has seen significant improvement in his health. Specifically he has cut his diabetic medicine in half after only three months of practicing special Naam yoga therapies for diabetics. In the words of Enrique, "it was all thanks to Naam Yoga."

November 2012 LA Yoga Magazine: "Naam Yoga Hosts World's Largest Yoga Session To Inspire Peace"

"In line with their mission to help the community and encourage self-healing, Naam Yoga's successful yoga gathering in Mexico proves that by cultivating peace within, even the largest rivalries and a country in distress has the potential to unite. Prayer first, and world peace will follow. [...] offered 15,000 + citizens the internal and external space to unite, representing the majority of the country who seek peace in their homeland."

2011 Latin Trends: "Naam Yoga: The Latino Yoga Revolution"

"...more than 12,000 people participated in a public NAAM YOGA class in Mexico City. With this new record, NAAM YOGA can now be called the fastest growing form of yoga in the world."

2011 Fox News Latino: "Mexico City Is Setting for World's Largest Yoga Class"

"More than 12,000 people took to Mexico City's Zócalo, the huge central square usually used for political protests and national celebrations, on Sunday. The throng of yoga enthusiasts was led by Naam Yoga founder Dr. Joseph Michael Levy and engaged in the popular Naam Yoga prayer, a mantra that consists of the prayer of love, peace and light."

Health: "Detox Diet" - "The idea of the moment is detox - not the Betty Ford Center type, but the kind that promises to rid your body of impurities and leave you trimmer, energized, and more focused. Just what I needed."

Fitness: "Fitness Forecast" - "Who it's for: Those looking to relieve stress and focus inward [...] this style of yoga can improve your mood."

Time Out New York: "Chakra Treatment" "Traditional disciplines combined with energy therapy are helping New Yorkers go with the flow."

LA Yoga Magazine: "Nourishing the Divine Within" - "A FAMILY-BASED MEDITATION PRACTICE which includes the use of powerful yogic mudras (hand positions) can help children establish a lifelong habit that can inspire them both in their personal spiritual expansion and in global problem-solving."

What is Naam Yoga?

Recognized by the Yoga Alliance as a Yoga Therapy, Naam Yoga is a complete science that produces measurable and noticeable physical, emotional and mental changes within the body. It is physically and spiritually therapeutic and rehabilitative and provides practical tools for healing, self-improvement.

Benefits of Naam Yoga

Naam Yoga is a powerful self-healing technology that offers a wide range of health benefits.

- Raises energy levels
- Balances the glandular, digestive, and nervous systems
- Strengthens the immune system
- Relieves chronic pain
- Manages and reduce stress
- Reduces anxiety and depression
- Improves overall health and well-being
- Achieves emotional balance
- Aids in stress management
- Increases blood flow to the brain, boosting neuronal connectivity and brain function
- Improves overall health, mood and well-being
- Improves the flow of life-force in the body's subtle meridians
- Improves circulation, flexibility & coordination
- Addresses phobias, neuroses and substance abuse disorders
- Increases restorative sleep
- Slows aging
- Speeds up recovery and healing, shortening hospital stays

Why Naam Yoga?

Naam Yoga is an empirically-proven system for rehabilitating the nervous system. It provides practitioners with the necessary tools to alleviate chronic stress and prevent disease. Through its innovative use of movement, breath, and sound therapy, one may achieve optimal health and well-being. Naam Yoga is a unique merging and refining of the world's most powerful traditions.

Our Naam Yoga teachers are Yoga Alliance Certified and well known for their ability to create personalized programs for specific health challenges. Programs and classes range from pre and post-natal , children to classes designed for the more mature and young at heart, as well as classes and programs for those adults looking for a more physically intense workout.

Stress Buster

To make a long scientific story short, Naam Yoga balances the Autonomic Nervous System (ANS). The ANS has two parts: the parasympathetic nervous system and the sympathetic nervous system. Stimulating the former helps the body relax, digest, and recover, while overstimulation of the latter increases our fight/flight reaction patterns. Naam Yoga works as a soothing balm to these systems, bringing both into balance.

Naam Yoga and the Brain

The primary techniques used in Naam Yoga: breath, mudra, meditation, and sacred sound, are recognized by the scientific community and stimulate brain cells, causing them to grow and create new connections. In other words, Naam Yoga causes physiological changes in the brain, activating underutilized neural pathways and connections, improving overall functioning on various levels.

How does Naam Yoga work?

The technology of Naam Yoga restores the flow of vital energy throughout the entire body. It is an invaluable self-healing technology that balances the brain, and from there, all systems.

Naam Yoga works with the healing properties of sound vibration, movement, and conscious breathing to bring the mind and body into harmony and balance, leading to optimal health and well-being.

We live in a vibrational universe and sound and music, through vibration, are known to alter the body's physical state and provide a vast array of therapeutic benefits.

Naam Yoga Therapies can be specifically tailored to benefit many health concerns. Our therapeutic classes employ a combination of therapeutic and preventative advanced techniques to support the nervous, circulatory, hormonal, immune, digestive and respiratory systems and address many conditions including: cognitive disorders and dementia, brain optimization, mood disorders, addictions, cardiac health, diabetes and more.

Naam Yoga incorporates the latest in anti-aging technology. With its avoidance of complicated postures and incorporation of recent findings on safety in the practice of yoga, it is made easily accessible to everyone. Adaptions and accommodations are provided for beginners, seniors and the non-ambulatory yet it is still revelatory and satisfying to the most advanced of yogi practitioners.

To learn more about the science behind Naam Yoga visit <http://www.NaamScience.com>

Dr Joseph Michael Levry

Founder of Naam Yoga

Dr. Levry is a world renowned yogi, author, composer and producer of sacred music and lecturer on the topics of self-healing, spirituality and self-actualization. Extensively trained as an engineer and in metaphysics, Dr. Levry has developed a unique system of self-healing called Naam Yoga®, which unites the spiritual doctrines of the East with Western healing arts and yogic practices.

With more than 30 years of experience teaching and researching, he has made it his life's mission to serve all of humanity spreading universal wisdom that heals the heart, mind and body so that in gratitude, humankind can live fulfilling lives and serve one another.

Dr. Levry developed the Naam Yoga certification program which is dedicated to training teachers in the prescriptive aspects of yoga (Naam Yoga Therapies).

His work is an invitation to discover the intense and pure inner life of an authentic Spiritual Master who, at the dawn of the 21st century, is bringing a renewal to spirituality.

He is also the president of Rootlight, Inc., a publishing, production and consulting company which produces sacred music and books whose mission is to serve and support the total well-being of individuals everywhere by revealing sacred truths that have the power to transform and heal through music, mantra, mudra, sacred writings, yoga practice, consultation and lecture.

Naam Yoga Worldwide

Naam Yoga is one of the fastest growing yoga styles in the world, breaking the record for the largest yoga class ever held, twice, most recently on November 25, 2012 with over 15,000 attendees in Mexico City led by founder, Dr. Joseph Michael Levry. The next record breaking class is set for January 26, 2014 in Mexico City.

Naam Yoga healing and yoga centers, workshops, classes, and training programs are currently available in countries across the globe, with international franchises in Brazil, Czech Republic, Germany, Italy, Mexico, New Zealand, Spain, and Switzerland.

NAAM YOGA® Los Angeles

1231-35 4th Street, Santa Monica, CA 90401

Naam Yoga® LA, is our international headquarters and the largest yoga, meditation, research and healing center in Santa Monica, CA, located one block from Third St. Promenade. Our spacious 7,000 sq. ft. venue offers cathartic sun-drenched studios, private healing rooms, Boutique, a gracious communal area, and a heart and health-inspired array of yoga classes and therapeutic programs.

Naam Yoga LA is a non profit 501 (c)(3) spiritual and physical wellness center. Our commitment to serving the community is integral to our vision of sharing and expanding our therapeutic applications of Naam Yoga Therapies through customized outreach programs with health and recovery facilities, educational institutions, to serve, help and empower patients, caregivers, families as well as health care practitioners and staff.

NAAM YOGA® New York, New York City

141 W 72nd St #1, New York, NY 10023

Located in the upper west side of Manhattan, Naam Yoga New York is a yoga, meditation and healing center dedicated to helping people of all physical capacities achieve permanent self-healing, with a unique emphasis on community and raising global consciousness. Universally inspired, the center also offers a wide range of yoga disciplines, Universal Kabbalah workshops, Harmonyum healing, zumba classes, Pilates, massage, teacher training programs, lectures, after school programs an more.