

FOR IMMEDIATE RELEASE:

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WELLNESS CENTER CELEBRATES GRAND OPENING APRIL 16, 2009

Studio to Offer Pilates, Yoga and Health and Wellness Services in El Dorado Hills

El Dorado Hills, CA - April 6, 2009 – Energetic Care Pilates & Yoga and Wellness Studio will hold its Grand Opening and a ribbon cutting ceremony at 5:30 PM on Thursday, April 16, 2009 at its new location at 4822 Golden Foothill Parkway, Suite 2 (inside the Quail Commerce Center) in El Dorado Hills. The public is invited to the ceremony and to attend an Open House between 5:30 and 7:00 PM.

Energetic Care Studios will open with over 24 classes weekly in Pilates (reformer and mat) and Yoga, plus experienced massage therapists, health and wellness coaches and an acupuncturist offering the very best in these healing arts. In addition, special workshops are planned, including an Introduction to Yoga Series and a Nia Workshop Series. Nia blends martial arts, dance and healing arts for an energizing workout focusing on building strength, flexibility and balance through joy of movement.

Why open an expanded Studio and Wellness Center at a time when many people are foregoing their gym memberships in an attempt to cut back on expenses? Lynda King, owner of Energetic Care Studios says, “In these changing times, now more than ever it is important to focus on what we want to be central in our lives. The way I see it, our personal health, families and communities are essential to our greater well being. It's the day-to-day moment-to-moment choices that we make in our life that give us a sense of fulfillment and purpose. I see Energetic Care Studios as a place to support your overall health and in expanding your awareness and clarity in your own fulfillment and purpose”.

King, who has operated as a massage therapist, yoga instructor and health and wellness coach for more than two decades, continues, “I've been inspired by my clients' successes to expand beyond my small wellness practice and to help create a sanctuary of well being in the community of El Dorado Hills and the surrounding area”.

Adina Robinson, L.Ac. of the Acupuncture & Wellness Center of El Dorado Hills has also relocated her practice to the Energetic Care Studios, offering Acupuncture and Traditional Chinese Medicine.

For additional information, please contact Energetic Care Studios at (916) 941-6051 or visit the web site at www.energeticcare.com.

About Energetic Care Pilates & Yoga Studio and Wellness Center – Energetic Care Studios invites you to bring vitality and peace to your body, emotions, mind and spirit through the many classes, programs and services we offer. Over 24 Pilates and Yoga classes are offered each week, plus experienced massage therapists, health and wellness coaches and an acupuncturist offering the very best in these healing arts, Energetic Care Studios is a sanctuary of well being in El Dorado Hills. For more information, please call (916) 941-6051 or visit our website at www.energeticcare.com.