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FOR IMMEDIATE RELEASE

Sunset Yoga Center Making Move to Cedar Mill

Classes Start March 28, Open House Set for April 17

PORTLAND, Oregon — After seven years at its current location on S.W. Eastridge Street, Sunset Yoga Center is hopping over the Sunset Highway to a brand-new space in Cedar Mill. The 11-year-old business is returning to its roots on Cornell Road, where the studio got its start—and the inspiration for its name—from its original location near Sunset High School. The new location shares space with a variety of complementary service businesses in the bustling, vibrant Cedar Mill community. The move follows a recent website redesign (www.sunsetyoga.com) and logo update for the studio. ***Classes at the new location at 12923 N.W. Cornell Road #203 begin at 9:30 a.m. Monday, March 28, 2011.***

To celebrate the move and the center's 11th year in business, ***on Sunday, April 17, 2011, Sunset Yoga Center is hosting an open house.*** The public is invited to come and tour the new space, and we'll have birthday cake, prizes and more! Plus, throughout the month of April, we'll be hosting a variety of free classes as a thank you to our current students and a way for new folks to discover what Iyengar yoga is all about.

Grand-Opening Schedule

April 10 – Yoga for Relaxation, 4-6pm

Open to all ability levels. Amy Duncan will lead the class through yoga poses that promote deep relaxation and stress release.

April 16 – Vinyasa Yoga (Flow), 2-3:30pm

Open to students with at least six months of yoga instruction. Nina Pileggi will explore several different yoga flow sequences, including a standing pose sequence, sun salutations and a forward-bending sequence.

April 17 – Backbends, 8-10am

Open to Level 2-3 students. Barb Steif will teach a fun and uplifting class of backbending poses.

April 17 – Open House Celebration, 12:30-3:30pm

Join us for fun, great food and prizes at our open house and birthday party celebration.

April 21 – Intro to Yoga, 7:30-8:30pm

Open to anyone new to yoga or to Sunset Yoga Center. Come explore yoga with this beginning class, where Nina Pileggi will answer all of your questions about yoga's benefits.

April 22 – Pranayama, 7:15-8:30pm

Open to students with at least six months of yoga instruction. Pranayama is the yoga practice of breath work. Join Jen Shonk for this class on basic Pranayama techniques.

April 23 – Wall Ropes, 2-3:30pm

Open to students with at least one year of yoga instruction. Jen Shonk will teach an invigorating class using yoga “wall ropes” to provide deep openings in the poses.

From Cedar Hills to Cedar Mill

When Nina Pileggi first envisioned having her own yoga center, she had the ideal setting in mind. The building would be welcoming and have other complementary businesses. Windows would open to allow in fresh air and provide natural light. There would be a place to sit and visit after class, and the neighborhood would be walkable, with restaurants, coffee shops and other amenities nearby.

As a new business owner, Pileggi made many compromises at her first location, and her improved second location served the studio well for seven years. But she couldn't help dreaming about those windows that opened and the walkable neighborhood.

“My errands often take me through Cedar Mill, and over the past couple of years I witnessed a new building going up,” Pileggi recalls. “It had windows that opened and an international market in the street-facing space. I noticed the architect had created a building that didn't look cookie-cutter. It seemed perfect for a yoga studio, but I tried not to get my hopes up, thinking the building would be full by the time my lease was up.”

As it turned out, the timing was just right, and Pileggi made the decision to move in the fall of 2010. Sunset Yoga Center is scheduled to begin classes in the new location on March 28, 2011.

The tranquil new second-floor space has bamboo floors, better lighting and an improved entry that does not require a special doorbell. Best of all, the studio will be part of the vibrant Cedar Mill community and will share space with a variety of complementary service businesses that offer massage, acupuncture and hair styling. In addition, the neighborhood includes a library, bank, grocery stores, dining options, a post office and coffee shops. On-site parking for cars and bicycles is available, and the address is served by two TriMet bus lines.

“I feel that I have found that ideal space I was looking for over 10 years ago,” says Pileggi.

About Sunset Yoga Center

- Sunset Yoga Center was launched in April 200 in a space on Cornell Road next to Sunset High School, where Pileggi graduated in 1980 and which provided the inspiration for the center's name.
- In January 2004, the studio moved to its former location at 10200 S.W. Eastridge Street in Cedar Hills.
- Sunset Yoga Center offers instruction exclusively in Iyengar yoga, a teaching method that focuses on the body's natural alignment to promote healthy joints, bones and muscles, making it an excellent method for people of all ages and abilities.
- Sunset Yoga Center boasts the highest number of certified Iyengar yoga instructors in Oregon and Washington.

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