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**FOR IMMEDIATE RELEASE**

**OPEN HEART YOGA BRINGS COMMUNITY BETTERMENT MISSION TO GREATER  
MONMOUTH COUNTY**

*Non-Profit Organization Celebrates Earth Day Grand Opening in Red Bank*

**RED BANK, N.J. (April 19, 2019)** With a passionate, altruistic mission to enrich and unite the community it serves by providing greater access to yoga while creating a more diverse and inclusive environment in which to practice, Open Heart Yoga, a unique, non-profit organization, celebrated a soft opening in Red Bank, N.J., Monday, April 22 and plans to have its ribbon cutting on May 5th.

When each single, weekly, monthly or yearly yoga package is purchased, Open Heart Yoga, in turn, gives the equivalent in the form of a redeemable voucher to one of its ten Greater Monmouth County Community Partners, chosen by the student. Open Heart Yoga's Community Partners include:

1. 180 Turning Lives Around
2. Beauty Foundation for Cancer Care
3. Bloom Again
4. Count Basie Center for the Arts
5. JBJ Soul Foundation
6. Lunch Break
7. Parker Family Health Center
8. Stephy's Place

## 9. Tigger House Foundation

## 10. VNA Health Group

With the inventive business concept conceived right from her own yoga mat, Open Heart Yoga Founder Mary Ansell, a former public school teacher and avid yogi, had become aware of the many invaluable resources available to Monmouth County residents choosing to actively volunteer with schools, nonprofit organizations and charities. As her community involvement evolved, Ansell combined her love of teaching, passion for yoga and volunteerism, creating the building blocks which inspired her to create Open Heart Yoga.

“Yoga’s life-enhancing tools that positively affect our physical, emotional and mental health should be a need, not a want, for everyone in our community. Getting to know new friends and neighbors by practicing together breaks down barriers and unites us.” Ansell said.

In addition to its membership package options, Open Heart Yoga offers a wide range of classes such as Core Power, Body Sculpt, Aroma Flow and more, each taught by knowledgeable practitioners who guide students in and out of poses with correct form and alignment as they encourage them to work to their full potential.

“While there are many worthy causes throughout our area, the commitment of Open Heart Yoga and the philosophy of wellness creates wonderful synergy with our Community Partners,” said Open Heart Yoga Board President Robin L. Klein.

Along with its philanthropic 100% match and donate model for every yoga package purchased, the non-profit organization also accepts donations enabling others to experience its rich and rewarding benefits.

“We encourage all to practice & give yoga,” Ansell stated.

Open Heart Yoga is located at 93 Shrewsbury Avenue, Suite 6, in Red Bank, N.J. Please visit [www.openheartyanj.org](http://www.openheartyanj.org) for more information.

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