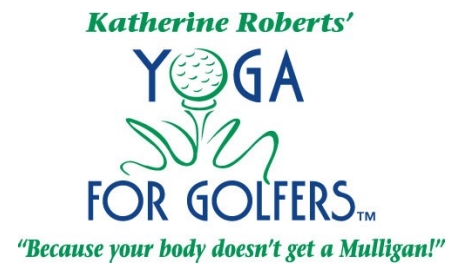


FOR IMMEDIATE RELEASE:

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Your Body is Your Most Valuable Piece of Golf Equipment – Tune it Up With Katherine Roberts' Yoga For Golfers™, Now Available in the GTA

Toronto, Ontario, February 16, 2006 — Katherine Roberts' unique and fiercely popular Yoga For Golfers™ classes are now available in Toronto. Katherine personally certified local yoga instructor Debbie Horovitch at her Scottsdale, Arizona location in 2005 to teach her Par, Birdie and Eagle level Yoga For Golfers™ classes. These classes, as well as First Tee Stretches and workshops throughout the GTA, makes Debbie the first ever certified Yoga For Golfers™ instructor in Ontario. Private on-site classes are available, and to ensure that Yoga For Golfers™ classes are available to the largest group of golfers preparing for the upcoming golf season, a limited number of gyms and private fitness clubs will also feature a 12-week series of weekly group classes. www.YogaForGolfers.net keeps an up-to-date schedule of GTA classes, links to other instructors' sites worldwide and upcoming news of special workshops featuring Katherine Roberts in person and local golf professionals and training facility owners.

The unique Yoga For Golfers™ program has been featured in Golf Magazine, GolfOnline.com, Golf For Women and The Golf Channel. Golfers everywhere - of all ability levels - are using yoga to increase flexibility and enjoy improved fitness both on and off the course. Yoga, as a component of physical and mental conditioning, continues to take the PGA Tour by storm as one of the golf world's hottest fitness tools. PGA Tour pros Brad Faxon, Jonathan Kaye, Andrew Magee, Gary McCord, JL Lewis, Aaron Baddely, David Gossett, Ty Tryon, Chip Beck and the LPGA's Julie Inkster, Jill McGill, and Betsy King are leading the way in promoting the benefits that golfers can reap from incorporating yoga into their golf fitness plan.

Golfers have praised Roberts' Yoga For Golfers™ program for delivering a wide range of benefits including better performance on the course and better health off the course.

Students practising Yoga For Golfers™ experience these benefits:

- Improved flexibility and strength = Greater distance and accuracy off the tee
- Enhanced breathing awareness = Teaching rhythm and tempo in the golf swing
- Quieter mind = Increased concentration and visualization capabilities
- Improved overall fitness = Reduced risk of injury and recovery time
- Increased sense of balance = More effective club control/weight distribution

Larry Khan, USGTF Master Teaching Professional and all the teaching professionals at Golf Fitness Canada are very excited Debbie Horovitch is making the Yoga for Golfers program available in Toronto: "We are recommending this program to all our clients. As golf Teaching Professionals we realize that to develop a consistent and repeating golf swing requires core strength, flexibility and balance. Yoga For Golfers is an innovative program that goes beyond simple stretching and offers students the possibility of golf-specific physical conditioning and increased mental focus that will bring about your overall enjoyment of the game."

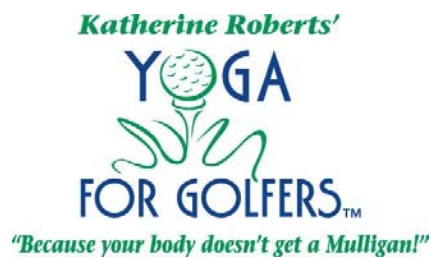
Yoga For Golfers™ in Toronto is also fully supported by CPGA Professional, Chima McLean, owner of the downtown King's Golf Academy: "I have been practicing Yoga for over 4 years now quite seriously and believe yoga to be a great help to golf... It has helped my back problems immensely to the point where I can walk carrying my golf bag again... I now recommend all my clients try yoga - even if they don't immediately realize the benefits of increased mental focus, added strength and personal control over stress, everyone can enjoy golf more with the added flexibility from yoga."

On Katherine Roberts, Gary McCord, Professional golfer and CBS Broadcaster says "Working with Katherine for the last couple of years has allowed me to compete at a very high level. Following her yoga program for golfers is keeping me fit."

Bruce Warren Ollstein, Captain, Super coach and bestselling author, Combat Golf says "In any battle, when the stakes are high, the mind and body must work as one. Yoga For Golfers prepares the mind and body for competition. Make Katherine's session part of your weekly golf routine and prepare for victory!"

Katherine Roberts' unique golf fitness program, Yoga For Golfers™ is now available in Toronto for the very first time. Classes are available exclusively at select GTA fitness clubs and private classes (for 1 to 200 students/tournament attendees), are available on request. To find a Yoga For Golfers™ class at a convenient time and location for you, visit www.yogaforgolfers.net. Many locations will offer these classes included in membership, or for a small fee, and all classes are open to both members & non-members on a drop-in basis. Regular gym class prices range from \$10 - \$20 per class, based on if students are members of host gyms, if they purchase a seasonal 10-class pass, or choose to attend on a drop-in basis.

Yoga Where You Are began in 2004 as a way to offer new yoga students at any age or level of fitness (including professional athletes), affordable yoga classes tailor-made for their unique needs, at their most convenient time & location. Owner & primary instructor Debbie Horovitch has a down-to-earth style of teaching that ensures everyone in her classes feels welcome & capable and helps make even the most challenging or uncomfortable yoga postures fun, or at the very least bearable and relaxing. Debbie focuses on beginners because she is compelled by her firm belief that any person living a regular North American lifestyle can begin to feel better about themselves, their bodies, relationships and their performance (particularly in sports) by adding a regular yoga practice to their weekly schedule.



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