

FOR IMMEDIATE RELEASE

**INTRODUCING A NEW APPROACH TO USING YOUR DIAGNOSIS
AS PLATFORM FOR WELLNESS**

Hillary Rubin Presents the 'I Am Not A Mess™' DVD Series

(Los Angeles, CA) – At a time when more and more Americans are living with chronic health conditions, the need for holistic solutions to pain relief have never been greater and the solutions are out there. Hillary Rubin has experienced the life-changing effects of holistic health care first hand. She is a certified Anusara® Yoga teacher who was diagnosed with Multiple Sclerosis in 1996. Through a dedicated yoga practice, creating a healthy lifestyle incorporating holistic tools for living and a commitment to her own personal evolution, Hillary discovered a path to pain relief and healing. Today, living symptom and drug-free, Hillary Rubin is ready to share with the world the holistic techniques that have turned her diagnosis from a challenge into a gift.

'*I Am Not A Mess™*' is an expanded approach to yoga DVD's. It offers yoga for more than just fitness – it's an all-encompassing set of holistic tools designed to create wellness and a healthy lifestyle. The series elevates the traditional yoga video to the New Media Age by using interactive technologies that invite the at-home student to join a supportive community for personal growth. The series has been developed to target the 1 in 3 Americans living with chronic health conditions. It invites students to experience how the discipline of yoga – both on and off the mat – can create a more fulfilling life.

Each of the 3 DVDs in the *I Am Not A Mess™* series is designed to create a connection between the teacher and student, strengthening the relationship to one's health. The series also includes extras such as segments on Chair Yoga, Therapeutic Yoga & Relaxation, and two audio podcasts to make it easy to integrate yoga-based tools into the lives of students of all levels.

Hillary has discovered on her path to healing that "sometimes the body hurts and there are other problems in life." She says that, "We have a choice to tap into it on the physical level to assist us in making a meaningful shift and to evolve, thereby becoming more of ourselves. We are not our diagnosis but the diagnosis becomes the place we begin to do yoga and live more consciously taking back our personal power to live a healthy life."

The first DVD in the '*I Am Not A Mess™*' series titled *Foundations* will be released November 2008. 10% of sales proceeds will benefit the Agape Youth and Family Ministry, a ministry that serves more than 800 children a month.

For more information, please visit www.iamnotamess.com

Hillary Rubin has been a motivated leader in the health and wellness industry for many years, teaching yoga and lecturing on a range of topics dealing with empowering modalities for optimal health. She has been featured on Fit TV, Lime.com, YogaJournal.com, LA Yoga, Yoga Mates, Conscious Choice Magazine, Yoga Peeps, iyogalife.com, and has been an active voice on Malika Chopra's website Intent.com. Her commitment to helping others is fueled by compassion and founded on the breakthroughs of her own personal experience.