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I AM NOT A MESS! YOGA FOUNDATIONS DVD LAUNCH PARTY Gives back to Local and Global Communities

(Los Angeles, CA) – Hillary Rubin, Founder of “I Am Not A Mess™”, launches the first Yoga DVD of the “I am not a Mess!” Yoga Series titled *Foundations with Hillary Rubin*. The DVD focuses on transforming challenges into a platform for wellness. LA Yoga Magazine calls her a “gifted teacher” and her practice empowering. “Hillary Rubin provides a delightful, foundational platform where she talks to the class on the screen while warmly addressing us as the viewer.”

The theme of the launch is *Community Celebration* and gift bags given with each DVD purchase during the event will feature products from local companies Hillary supports. “We all have to buy food, clothing and personal hygiene products and I want to use this opportunity to share with the community companies that I align with. I’m very excited to support local companies like Tonix, Earth Café, Earth Bar, Organic India and Superfood Snacks and share them with my community as they were an important part of giving to myself during my process of healing.” In addition, *10% of DVD sales* will benefit the local Agape Youth and Family Ministry that serves more than 800 children every month.

As we saw in this current Presidential election, from the local to the global level, we have the opportunity to, as Ghandi once brilliantly said, be the change we wish to see in the world. To support these efforts, proceeds from the sales of raffle tickets will benefit **Kiva** – the world’s first person-to-person micro-lending website, empowering individuals to lend directly to unique entrepreneurs in the developing world. Hillary aligns with **Kiva** and “finds that **Kiva’s** mission and work in the world functions organically. It is a gift to be able to give back on a global level helping entrepreneurs in developing countries overcome financial obstacles to realize their dreams.”

Everyone attending the launch who purchases the DVD or a raffle ticket will be gifted conscious products worth thousands of dollars provided by generous sponsors: Advanta, KivAB4B, Larabar, Ecover, Jane Iredale Cosmetics, Pangea Organics, Yoga Journal, Manduka, Beyond Yoga, Zenergize, Pop Packaging, Aquamantra, Sweetleaf, LA Yoga Magazine, New Chapter, Organic India, Self-Realization Fellowship, Positive Thought Brand, Topricin, Rescue Girl, Blunda Aromatics, Blankspaces, White Swan Music, Hyde Organic Clothing, Ener~Chi, Bodhi Tree Bookstore, Earth Footwear, Sen Cha, Prana, Real Food Daily, Chakra Vibe, Y Yoga Movie, Intent.com, Yoga Mates, and Campaign for Safe Cosmetics.

The event will take place **November 22nd** from **7-10 p.m. at City Yoga**, LA’s Top Yoga Studio in West Hollywood, CA.

For more information, please visit www.iamnotamess.com

About Hillary Rubin

Hillary Rubin has been a motivated leader in the health and wellness industry for 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.