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**YOGA YOGA OWNERS ASSUME OPERATIONS OF PREMIER CULINARY INSTITUTE**  
*The Natural Epicurean offers public cooking classes and a professional culinary program*

Austin, Texas – (April 5, 2010) The owners of Yoga Yoga in Austin, Texas, have assumed operations of The Natural Epicurean Academy of Culinary Arts, one of the first whole-food and plant-based cooking schools in the United States. This new venture provides an opportunity to expand wellness services and offer support to people who want to make healthy food choices. Public classes focus on diet and nutrition as tools for improving health and vitality with emphasis on developing a healthy relationship with food, limiting the harmful effects of chronic diseases with diet, and understanding how food affects health and well-being.

“In this and other business endeavors, we strive to create accessible and nurturing environments for experiencing and learning practices that promote lifelong health,” explains Rich Goldstein, CEO of Yoga Yoga and co-owner of Natural Epicurean. “At Yoga Yoga, we created one of the first teacher training programs in the country that offered several styles of yoga. We added multiple locations to display the wide range of yoga available to people of all ages and abilities. And in 2008, we introduced one of the first Ayurvedic Spas into a yoga center environment. Recently we moved into Yoga Therapeutics with our YogaSolve™ programs, bringing the benefits of yoga to the medical community. As we saw all the positives that yoga and a healthy lifestyle could bring to the Austin community, we knew there was more for us to do.”

The Natural Epicurean hosts a free cooking demonstration and lecture the second Wednesday of every month from 6 - 8 p.m. at Casa de Luz, 1701 Toomey Road. For more information about The Natural Epicurean Academy of Culinary Arts, visit [www.naturalepicurean.com](http://www.naturalepicurean.com) or call (512) 476-2276.

**About Yoga Yoga**

Yoga Yoga is Austin’s premier source for yoga with five locations and over 350 classes weekly. With more than 100 registered yoga teachers, Yoga Yoga provides a wide variety of yoga styles for new and continuing students, including prenatal, postnatal, and children’s yoga. Yoga Yoga Teacher Training offers a nationally recognized program with 200 and 500-hour courses approved by the Yoga Alliance. Yoga at Work specializes in bringing the benefits of yoga into the workplace. For more information, visit [www.yogayoga.com](http://www.yogayoga.com) or call (512) 326-3900.

**About The Natural Epicurean Academy of Culinary Arts**

The Natural Epicurean Academy of Culinary Arts offers public classes and a professional culinary arts training school devoted to conscious cooking and a plant-based diet. Drawing upon ancient traditions and modern approaches to using whole food for healthy eating, the Natural Epicurean curriculum draws from traditional Eastern diets, including macrobiotics and ayurveda, as well as a number of Western approaches to healthy eating including vegetarian and raw foods. The programs emphasize locally available and seasonally based foods in their natural and unprocessed state with an equal emphasis on pleasing the senses and promoting health. For more information, visit [www.naturalepicurean.com](http://www.naturalepicurean.com) or call (512) 476-2276.

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