



FORTH PERIOD MAGAZINE AND THE POWER OF MOVEMENT
ORGANIZATION ALONG WITH FITNESS GURU, JANA WEBB RAISE
MONEY FOR ARTHRITIS AND AUTOIMMUNE DISEASE RESEARCH
EAT – DRINK – PLAY - GIVE

(TORONTO, October 17, 2011) Jana Webb, fitness guru and founder of **JOGA** practice (**HYPERLINK "<http://www.jogawithjana.com>" <http://www.jogawithjana.com>**) will be teaming up with **The Fourth Period Magazine** and **The Power of Movement** organization **on Thursday October 20th, 2011 at 9pm** for **The Fourth Night Series** event, to raise funds for the fight against autoimmune disease and arthritis.

The Fourth Night series event will take place at Crown Lounge 393 King Street West Toronto, and is sponsored by The Fourth Period magazine (**<http://www.thefourthperiod.com/>**), a Hockey Lifestyle publication, which receives a monthly contribution from Jana Webb. All proceeds of the evening are being donated to **The Power of Movement organization**. An organization that has been Canada's largest Yoga fundraiser for more than 5 years and raises money for arthritis and autoimmune disease research.

Ms. Webb will be onsite to answer questions and give support to this important cause. *“I am so honoured to be a part of such an important event. Knowing that my programs will play a huge part in helping the people who are suffering with this debilitating disease gives me a new sense of hope”*, says Webb. The evening promises to be a night of education, celebration and alignment as these partners create awareness around a very important cause.

ABOUT THE POWER OF MOVEMENT

Power of Movement is Canada's largest Yoga fundraising event for arthritis and autoimmune disease research. Over the last 5 years, they have successfully raised over one million dollars for the Arthritis & Autoimmunity Research Centre - and they need our help to reach our 2012 goal of \$300,000. **HYPERLINK "<http://www.powerofmovement.ca>"**

ABOUT JANA WEBB – JOGA

Jana did her ISHTA teacher training in Tokyo, Japan. ISHTA is a yoga discipline, based on the premise that each body type requires different physical alignments and body-specific movements to prevent injuries. ISHTA yoga draws from the teachings of many yoga traditions: It incorporates the gentle, flowing poses of Viniyoga, the more vigorous flowing poses of Ashtanga yoga, the careful alignment and use of props of Iyengar yoga, as well as incorporating various forms of meditation and relaxation.



Although Jana uses some of the principles of the Ishta System, she feels that over the years, and thousands of clients later, she has created her own style of yoga that caters more specifically to her personality and that of her clients. She continues to teach in a studio setting and with private clients from all backgrounds, she has found her niche market in the realm of high performance and elite athletes. This past year she started with the Calgary Stampeders of the CFL in their off-season and then into their regular season. She also worked with players from the NHL during their off-season out of the National Sports Development center in Calgary. Currently, she is working with the Toronto Argonauts of the CFL. She has also created sport specific yoga sessions such as “Yoga for Golfers”, “Yoga for Runners”, and “Yoga for Triathletes”. These programs can be downloaded at: HYPERLINK "<http://www.mypipeline.com/yoga>" and HYPERLINK "<http://www.jogawithjana.com/>"

ABOUT THE FOURTH PERIOD MAGAZINE

The Fourth Period is your behind-the-scenes source for everything hockey. From the latest rumors, breaking news and everything else that happens both on and off the ice, The Fourth Period has your covered. We are proud to announce Jana Webb's contribution to The Fourth Period magazine which will appear in the next issue. For all the latest check us out at: HYPERLINK "<http://www.thefourthperiod.com>"

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**FOR FURTHER INFORMATION AND INTERVIEW OPPORTUNITIES:
ADDITIONAL IMAGES AVAILABLE**

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