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**FOR IMMEDIATE RELEASE**

**Strike a Pose Against Hunger Jan. 10**

*Local Yoga Studios Raise Donations For Hungry Oklahomans*

**(OKLAHOMA CITY)** – Jan. 5, 2015 – Nearly 20 yoga studios around Oklahoma City, Edmond and Norman are holding donation-based classes to benefit the Regional Food Bank of Oklahoma through the fourth annual Strike a Pose for Hunger on Saturday, Jan. 10.

With one in six Oklahomans struggling with hunger every day, Martha McQuaid of Spirit House Yoga knew she wanted to do something to help. By combining her passion for charity with her love of yoga, she helped organize the Strike a Pose for Hunger and encouraged other yoga studios to offer donation based classes and give the proceeds to the Regional Food Bank.

“This day is about helping people in need and uniting the yoga community for a cause greater than ourselves,” said McQuaid. “A great teacher, Neem Karoli Baba, instructed us to ‘Love all, feed all, serve all.’ I think this is such a beautiful and simple way to offer back to our community and to serve others.”

Participating studios include: The Bend Yoga Studio in Bethany; Balance Yoga Barre, Third Street Yoga, Yoga Verve and You Power in Edmond; Balance Yoga Barre, Beyond Yoga, Birkham Yoga OKC, Cardinal Yoga, Hidden Dragon Yoga, Ignite Yoga, Soul Yoga, Spirit House Yoga, This Land Yoga, Yoga at Tiffany’s (OKC) and Yoga Nest in Oklahoma City; Ashtanga Yoga Studio, Balance Yoga Barre, Fusion Fitness, Yoga At Tiffany’s Norman and Yoga Life in Norman.

The Regional Food Bank is dedicated to “*Fighting Hunger...Feeding Hope.*” The Regional Food Bank is the state’s largest private hunger-relief organization, providing enough food to feed more than 110,000 hungry Oklahomans every week through a network of more than 1,200 charitable feeding programs and schools in 53 central and western Oklahoma counties. The nonprofit is an Accredited Business by BBB and is ranked as a four star nonprofit by Charity Navigator.

It’s not too late to make a difference this holiday season. The Regional Food Bank typically provides five meals for every dollar donated; however, through this match, a \$1 donation will now provide 10 meals for hungry Oklahoma children. The match is sponsored by Chesapeake Energy and the Cresap Family Foundation. For more information visit [regionalfoodbank.org](http://regionalfoodbank.org) or call 405.600.3136.

**About the Regional Food Bank of Oklahoma**

The Regional Food Bank of Oklahoma is the state’s largest private hunger relief organization. The nonprofit provides enough food to feed more than 110,000 hungry Oklahomans each week through a network of more than 1,200 schools and charitable feeding programs in 53 central and western Oklahoma counties. Since its inception in 1980, the Regional Food Bank has distributed more than 550 million pounds of food to feed Oklahoma’s hungry. For more information, visit <http://www.regionalfoodbank.org>; find us on Facebook at [www.facebook.com/regionalfoodbank](http://www.facebook.com/regionalfoodbank) or follow us on Twitter at [www.twitter.com/rfbo](http://www.twitter.com/rfbo).

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