



***Yoga... like you've never seen it before!***

**On ACCESS and Canadian Learning Television, Beginning April 1, 2005**

This innovative series combines sensual, stunning photography with authentic Hatha yoga practice. **Namaste** is written and choreographed by Kate Potter, one of Canada's leading instructors and yoga therapists. Kate's "Hatha Vinyasa" style is completely original and is both dynamic and gentle. Each of the 26 half hour episodes teaches a unique flow sequence and inspires viewers to begin or continue their yoga practice.

**Namaste** viewers will enjoy following the show from their yoga mats, or simply relax to the outstanding high-definition cinematography and original music. Each sequence is filmed in several exquisite settings, with attractive and experienced practitioners leading graceful routines.

A revitalizing mind and body program that leaves you rested and ready to live serenely in a hectic world.

**Watch *Namaste* on:**

**CLT:**

Mondays, Wednesdays and Fridays, **starting on Friday, April 1st** at 11:30am & 5:00pm ET; 9:30am & 3:00pm MT; Sundays at 8:00am ET; 6:00am MT

**ACCESS:**

Mondays, Wednesdays, Fridays & Sundays, **starting April 18th** at 6:30am MT & Tuesdays at 10:30pm MT

To give you the opportunity to master all the sequences in each episode, ACCESS and CLT will air the same episode throughout the week.

**Namaste** is produced and created by Tim McCauley, co-produced by Ian Hay, directed by Howard Dancyger, and executive produced by Michael Chechik and Gabriela Schonbach. The series is produced by Omni Film Productions Ltd for Access Television.

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