

# Sara Ivanhoe

## yogonation

color outside the lines

Yoga Teacher / Healthy Lifestyle Expert

[www.yogonation.com](http://www.yogonation.com)

### TELEVISION APPEARANCES

Google TV

E! News

ABC's Beyond The Red Carpet

Celebrity Rehab with Dr. Drew

Celebrity Rehab with Dr. Drew

CBS Early Morning Show

CNN Health Corner

L'Oreal and Health Magazine

L'Oreal and Health Magazine

Body In Balance (UK)

Bridging Heaven and Earth

Fit TV

Fit TV

Exercise TV

Exercise TV

QVC

Yoga Earth

Sara Ivanhoe Channel Traiin.tv

"Entourage Yoga"

Yoga with True Blood's Lauren Bowles

Season 1, Episode 4

Season 2, Episode 4

Here Comes The Sun Event

Yoga For A Beautiful You

Yoga On The Edge

Public Access Interview

Yoga For Weights

Yoga Zen

Yoga On The Edge

Yoga At The Pump

Web Interview

### PRINT PRESS

Yoga Journal

Whole Life Times

Yoga Journal

LA Yoga

Parenting

New York Times

Body + Soul

Natural Health

Sunset

Natural Health

Jade Mat Ad

Slip Into Savasana

Feel The Vibration

Top Bhakti Fest Moments

Yoga

The Right Bags For Yoga Stuff

Guru Guide – Yogis to Watch

Ask The Expert Q&A

Yoga

How To Fix A Tension Headache

Dec-11

Nov-11

Sep-11

May-11

May-10

Mar-10

Sep-09

May-09

Jan-09

Jan-09

# Sara Ivanhoe

## yogonation

color outside the lines

### Yoga Teacher / Healthy Lifestyle Expert

[www.yogonation.com](http://www.yogonation.com)

Health	Yoga For A Beautiful Yoga – L’Oreal Spread	Sep-08
Natural Health	Four Yoga Poses	Apr-08
LA Yoga	New Paths To Travel	Mar-08
New York Times	Detox For The Camera, Doctor’s Order!	Feb-08
Health	2007: A Great Year of Health	Jan-08
Women’s Health	Expert Article	Nov-07
Health	Boost Your Spirits - Here Comes The Sun Poster Insert	Sep-07
Shape	Crow Pose	May-07
Runner’s World	Yoga For Runners – On The Mat	Mar-07
Women’s Health	Fat Burning Yoga	Sep-06
Body + Soul	Intuition Interview	Sep-06
Shape	Sculpting Upper Arms	Jun-06
Women’s Health	Head Stand Pose	May-06
Muscle and Fitness	Personal Profile	Jan-06
Fit Yoga	Yoga Live	Nov-05
Fitness	Ask The Expert	Jul-05
Yogi Times	Teacher Profile	Jun-05
LA Times	Hip Hop To A Higher Power	Mar-05
Self	Yoga Abs	Feb-05
New Living	Personal Profile	Jul-04
Shape	Yoga	Jun-04
Fitness	Yoga Lessons To Live By	May-04
Self	Ask The Expert: A Better Cobra	Aug-03
Fit	Fat Burning Yoga – Position Review	Aug-03
Oxygen	Decasno’s Garden	May-03
Cosmopolitan	Tighten Your Tush	Mar-03

# Sara Ivanhoe

## yogonation

color outside the lines

### Yoga Teacher / Healthy Lifestyle Expert

[www.yogonation.com](http://www.yogonation.com)

Shape	The Beginner's Guide To Yoga	Feb-03
Complete Woman	Crunch Total Body Toning - Position Review	Jan-03
Prevention	Yoga Dos and Don'ts	Nov-02
East Valley Health News	Are You Yoga Phobic - Cover	Sum-02
Self	Yoga	May-02
Marie Claire	10 Days To A Better Butt	Feb-02
Prevention	More Energy	Feb-02
Seventeen	Six Steps To Serenity	Oct-01
First For Women	Celebrities Stay Fit With Yoga	Oct-01
Fit	Yoga For Dummies - Position Review	Jun-01
Self	Yoga	Dec-00
Los Angeles	Road Warrior Travel	May-99
Jump	Groove Moves	Dec-98

### PRINT PRESS - AUTHOR

Sweat Equity	Giving	Win-11
Sweat Equity	In Class Adjustments	Spr-11
LA Yoga	It Happens...	Apr-11
Sweat Equity	Not Perfect, But Present	Win-10
LA Yoga	Your Whole Life is a Vinyasa	Oct-10
LA Yoga	Not Perfect, But Present	Sep-10
Health	Magic Move Column (MMC) - 30 Seconds To Strong Legs	May-10
Health	MMC - Tummy Tamer	Mar-10
Health	MMC - Instant Stress Buster	Feb-10
LA Yoga	Sustainability - Remembering That Your And The Plant Are One	Jan-10
Health	MMC - A Flat Belly In Seconds	Dec-09

# Sara Ivanhoe

## yogonation

color outside the lines

Yoga Teacher / Healthy Lifestyle Expert

[www.yogonation.com](http://www.yogonation.com)

Health	MMC – Feel More Beautiful	Nov-09
Health	MMC – Bye-Bye Backache	Oct-09
Health	MMC – Stress Be Gone	Sep-09
Health	MMC – Energize Me	Aug-09
Health	MMC – Boost Your Bust	Jun-09
Health	MMC – No More Muffin Top	Mar-09
Health	MMC – Stress Soother	Dec-08
Health	MMC – End Arm Jiggle	Nov-08
Health	MMC – Sleep Better	Oct-08
Health	MMC – Breathe A Whole Lot Easier	Sep-08
Shape	Stretch Your Way Stronger - Get Fit Bonus Cards	Sep-08
Health	MMC – Want A Shapely Butt?	Jun-08
Health	MMC – Best Cures For A Headache	May-08
Health	MMC – Achy Back?	Apr-08
Health	MMC – A Yoga Stretch That Flattens Your Tummy	Mar-08
Fit Yoga	Detox For Your Body, Mind, And Soul – Cover	Feb-08
Fit Yoga	The Nature of Asana	Dec-07
Fit Yoga	Make It Easier Somehow	Nov-07
Health	Boost Your Spirits	Sep-07
Body + Soul	Mudras	May-06
Fit Yoga	Chant Encounters – An Interview with Krishna Das	Nov-05
Women’s Health and Fitness	Yoga With Weights	Aug-05
Fit Yoga	Find Freedom In Your Yoga – An Interview With Erich Schiffmann	Aug-05
Fit Yoga	Book Review	Aug-05
Fit Yoga	Detox Yoga – Cover	May-05

# Sara Ivanhoe

## yogonation

color outside the lines

Yoga Teacher / Healthy Lifestyle Expert

[www.yogonation.com](http://www.yogonation.com)

Cooking Light

Balancing Poses

Nov-04

### VIDEOS/DVDs – 4.3 Million Sold Worldwide

Anchor Bay

Basic Yoga For Dummies

Anchor Bay

Beyond Basic Yoga For Dummies

Crunch

Candlelight Yoga

Crunch

Fat Burning Yoga

Crunch

The Joy Of Yoga

Natural Journey

Yoga Body Makeover

Natural Journey

Ultimate Yoga Makeover – Gift Box Set

Russell Simmons

Yoga Live

Yogonation

Yoga On The Edge

### VIDEO/DVD Reviews

Sweat Equity

Yoga On The Edge

Spr-11

Yoga Journal

Titans Of Yoga

Feb-11

Sweat Equity

Yoga On The Edge

Win-11

Shape

Yoga On The Edge

Jun-09

Fit Yoga

Russell Simmons' Yoga Live

Nov-05

Yoga Journal

Russell Simmons' Yoga Live

Oct-05

Yoga Journal

iAmplify

Oct-05

LA Times

Russell Simmon's Yoga Live

Mar-05

LA Times

20 Minute Yoga Makeover

Feb-05

Breathe

20 Minute Yoga Makeover

Jun-04

Collage

On The Ball Yoga

Fall-03

Yoga Journal

Beyond Basic Yoga For Dummies

Apr-03

Fitness

Beyond Basic Yoga For Dummies

Jan-03

Collage

Beyond Basic Yoga For Dummies

Fall-02

Collage

Basic Yoga For Dummies

Sum-02

# Sara Ivanhoe

yogonation  
color outside the lines

Yoga Teacher / Healthy Lifestyle Expert

[www.yogonation.com](http://www.yogonation.com)

Yoga Journal	Fat Burning Yoga	Apr-02
Real Simple	The Joy Of Yoga	Jan-02
Video Store	Basic Yoga For Dummies	Sep-01
Fit	Basic Yoga For Dummies	Jun-01
Yoga Journal	Basic Yoga For Dummies	Jun-01
Wall Street Journal	Basic Yoga For Dummies	2001
Self	The Joy Of Yoga	Jul-98
Fitness	The Joy Of Yoga	Oct-97

## FILM

Finding My Way	Featured Expert	dir: John Hanley, Jr.
Titans of Yoga	Featured "Titan"	dir. Johannes Fisslinger

## COMMERCIAL

Nike	Teaching Maria Sharapova Yoga
Cingular	