

Sara Ivanhoe

yogonation

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Yoga Teacher / Healthy Lifestyle Expert

www.yogonation.com

TELEVISION APPEARANCES

Google TV	Sara Ivanhoe Channel Traiin.tv
E! News	"Entourage Yoga"
ABC's Beyond The Red Carpet	Yoga with True Blood's Lauren Bowles
Celebrity Rehab with Dr. Drew	Season 1, Episode 4
Celebrity Rehab with Dr. Drew	Season 2, Episode 4
CBS Early Morning Show	
CNN Health Corner	
L'Oreal and Health Magazine	Here Comes The Sun Event
L'Oreal and Health Magazine	Yoga For A Beautiful You
Body In Balance (UK)	Yoga On The Edge
Bridging Heaven and Earth	Public Access Interview
Fit TV	Yoga For Weights
Fit TV	Yoga Zen
Exercise TV	Yoga On The Edge
Exercise TV	Yoga At The Pump
QVC	
Yoga Earth	Web Interview

PRINT PRESS

Yoga Journal	Jade Mat Ad	Dec-11
Whole Life Times	Slip Into Savasana	Nov-11
Yoga Journal	Feel The Vibration	Sep-11
LA Yoga	Top Bhakti Fest Moments	May-11
Parenting	Yoga	May-10
New York Times	The Right Bags For Yoga Stuff	Mar-10
Body + Soul	Guru Guide – Yogis to Watch	Sep-09
Natural Health	Ask The Expert Q&A	May-09
Sunset	Yoga	Jan-09
Natural Health	How To Fix A Tension Headache	Jan-09

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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

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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

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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

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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

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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

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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	