

**TRACK YOUR PROGRESS WITH THE  
YOGA LIVE™ SUCCESS CHART**

Russell Simmons' **YOGA LIVE™** workout program is going to help you lose weight, increase your strength, and sculpt your entire body like never before, while at the same time help you to become more focused and energized. To help you stay motivated and keep you on track, we have provided you with your very own **YOGA LIVE™** success chart.

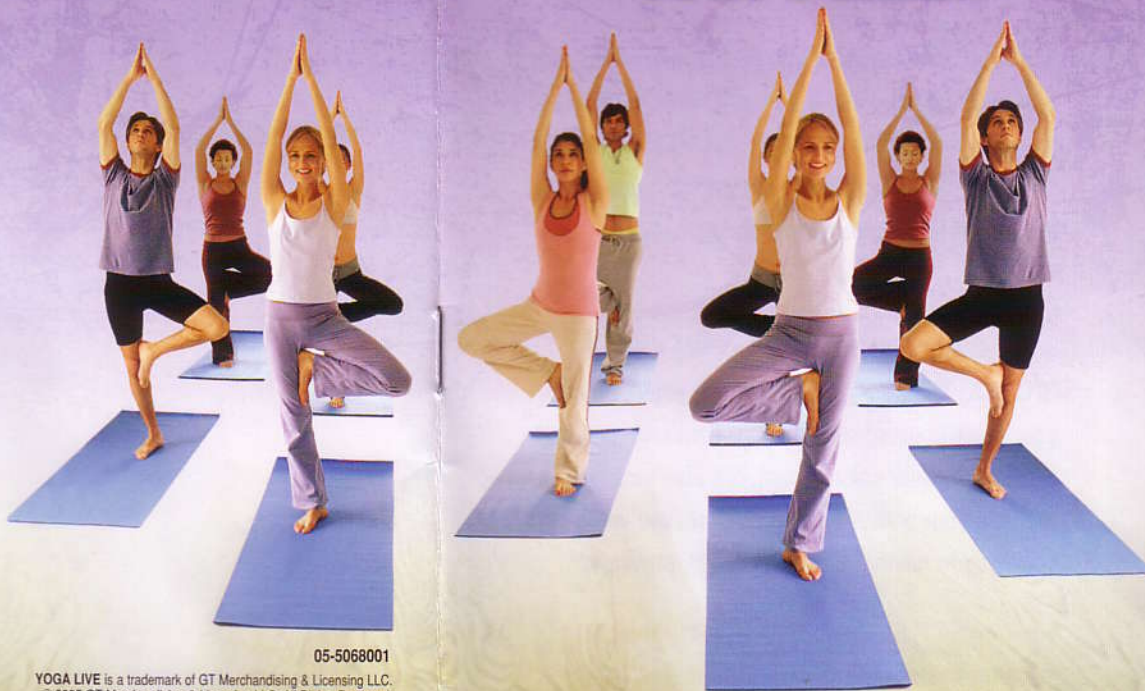
It's simple! Just work out with **YOGA LIVE™** videos, jump-start your diet with the 10-day jump-start **YOGA LIVE™** eating plan followed by a sensible diet, and take your measurements. Use a tape measure and measure your arms, waist, hips and thighs. Before you know it, you will be on your way to a toned, sculpted and sexy new body!

	Arms	Waist	Hip	Upper Thigh	Weight
WEEK 1					
WEEK 2					
WEEK 3					
WEEK 4					

# YOGA LIVE™

Secrets to Success  
&

Happiness -  
Reshape  
Your Body and  
Your Mind!



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Visit us at: [www.getyogalive.com](http://www.getyogalive.com)

Congratulations  
and welcome to

# YOGA LIVE™!

**RUSSELL SIMMONS**, co-founder of DEF JAM Records, and founder and CEO of PHAT FASHIONS, brought hip-hop culture into the American mainstream, and now he does the same thing for yoga. Russell Simmons' exclusive **YOGA LIVE™** fitness and happiness system will help make over your body and your mind. This breakthrough new yoga program, helps you lose weight, increase your energy, and change your life! And with these great instructors, you will shape, sculpt, and strengthen your entire body and your mind, so you will not only look supreme, but also feel great – both inside and out!

Russell Simmons has been practicing yoga for over a decade, and now he is bringing his favorite exercise program to you with **YOGA LIVE™**. From New York to Hollywood, this trendsetter has scoured the country to find his three master instructors.

Handpicked by Russell Simmons, this team of **YOGA LIVE™** instructors will make yoga your favorite exercise routine. You will not only get a cardiovascular calorie burn, but also tone and reshape your entire body. In no time, you will be on your way to having a sleek and sexy physique.

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



Russell Simmons

Achieving a state of yoga or union with your perfect self is the goal. Most importantly, **YOGA LIVE™** will help you to become a happier, more spiritual person. **YOGA LIVE™** will start you on the road to perfection! And, yes it's a great physical workout!

The **YOGA LIVE™** program is simple, easy, and effective! All you have to do is follow the **YOGA LIVE™** workouts, and for better results, you have the **YOGA LIVE™** 10-day jump-start healthy eating plan!