

FOR IMMEDIATE RELEASE

**DESK YOGI INTRODUCES NEW SERIES  
STRETCH, STRENGTHEN and BALANCE**



<https://www.desk-yogi.com/stretch-strengthen-balance/>

Ojai, CA (July 18, 2016) – Desk Yogi, the on-line wellness company, introduces a new series to counter the effects of sitting all day with a beginner series titled STRETCH, STRENGTHEN AND BALANCE hosted by Melody Khadavi-Delshad. The guided videos are shot in a typical office set-up so you can easily follow along.

The series features nine videos on and how stretch, strengthen and balance interconnect to improve your health and well-being. Video highlights include LUNGE CHALLENGE, BALANCE AND STRETCH, UPPER BODY WORKOUT and AFTERNOON PICK-ME-UP.

Meloday Khadavi-Delshad holds certifications with the National Academy of Sports Medicine, Nutrition and is a Basi certified Pilates instructor.

**ABOUT DESK YOGI**

Desk Yogi was founded in 2015 to deliver expert fitness, yoga, stress reduction, mindfulness, and nutrition videos specifically designed for people who sit or stand at a desk for the majority of their day. The company's mission is to help employees become healthier and more productive with unique, non-disruptive streaming videos that improve overall personal and corporate health, productivity, and energy in as little as 3 minutes.

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