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**CONTACT**

Barbara Peterson (701) 577-8110 or [barbp@ci.williston.nd.us](mailto:barbp@ci.williston.nd.us)

## **Exhale Yoga & Wellness Moves to New Location**



**Kari Hauge will celebrate the grand opening and ribbon cutting of Exhale Yoga & Wellness on March 23 at 2 p.m. Kari is pictured with two students on the left and by herself on the right.**

Williston native Kari Hauge returned to her hometown about five years ago after living in Texas for eight. She said one of the things she missed the most was her favorite yoga studio and classes.

"I remember going to this place in Austin and it had wonderful energy. You could just walk in there and it had such great positive energy and girls supporting other girls," said Hauge.

Since Williston didn't have what Hauge was searching for, she ultimately opened her own business last September. Exhale Yoga & Wellness is located in the Harvest Plaza in the Harvest Hills subdivision.

Hauge, a veteran yoga enthusiast and instructor, wanted to create a space for people to meditate and pursue their yoga practices.

"When I work on my practice and meditate daily, I have a whole different outlook on life," said Hauge.

The yoga studio is the newest business to open in the Harvest Plaza. It is located near Grace & Glam and Meg-A-Latte. The building's manager said Exhale Yoga & Wellness is a good fit for the building.

"We are excited to partner with Kari Hauge," said Laura Ward, District Manager of the Bison Management Team. "Her business is a great addition to the overall goal of the building. We are striving for a mix of service, office, retail, and activities."

The temperature in the 1,200 square foot studio ranges from 80 to 122 degrees; depending on the class. Hauge encourages all levels of yoga enthusiasts to give hot yoga a try because of its many benefits. Just be sure to hydrate for 24 hours before your class.

"The principal behind hot yoga is that you can release toxins and work into poses more safely. It also gets your heart rate up real quick so you can get a high calorie burn," said Hauge.

Exhale Yoga & Wellness offers classes for beginners on up. The class schedule includes Guided Meditation; Vinyasa Flow, Hatha Yoga, Restorative Yoga and Hot Yoga. The class schedule, descriptions, rates and online registration are available at the [Exhale Yoga & Wellness Facebook Page](#).

Hauge has been pleased with the response to her business and Ward is hoping it will encourage others to open in the Harvest Plaza.

"The building still has room for further development. We will look at all business plans of course, but we are actively looking for a men's clothing store, beauty supply, home décor, and a daycare," said Ward.

The Harvest Plaza is located at the corner of 26<sup>th</sup> Street and 32<sup>nd</sup> Avenue West.