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Another Reason to De-Stress

You might equate a stress-related health problem with a minor upset stomach or a tension headache. But physician and Yoga Journal ... (continued)

How to Open a Yoga Studio Part 3: Location, Location...You Get the Picture

The location you select will impact every aspect of your life, so keep your business and personal goals in mind as you explore your options.

By Constance Loizos

Finally, finding a spot that doesn't require a long commute can also make a positive impact on your life. Jonathan Fields, a corporate lawyer-turned-yoga teacher and owner of two-year-old Sonic Yoga in Manhattan, says he'd investigated buildings all around New York and hadn't found the right space when he noticed an available studio four blocks from where he lives. "I had a newborn daughter at the time and I remember thinking, 'This is too good to be true,'" he recalls now. Thankfully for him, it wasn't.

Constance Loizos is a San Francisco-based writer whose work has appeared in more than a dozen magazines, including *Inc.*, *Fast Company*, and *San Francisco Magazine*. She is currently writing a book about businesswomen.

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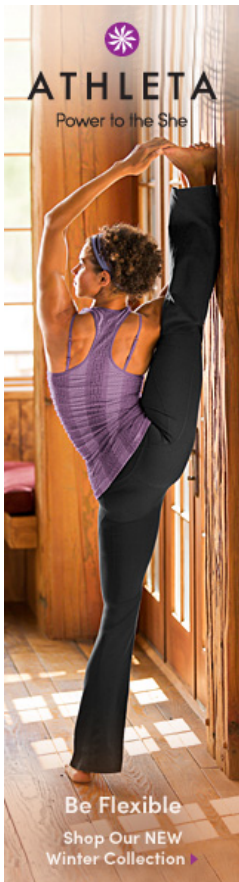
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