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Rejuvenation Teams with Lululemon and Others to Raise Money for Cystic Fibrosis Foundation

April 10, 2008 by [Editor](#)

SCOTTSDALE, Ariz. — Rejuvenation Thai Massage and Yoga Center is teaming up with Lululemon Athletica and other sponsors to raise money and awareness for the Cystic Fibrosis Foundation.

Gabriel Azoulay, international yogi, Thai massage authority and Rejuvenation founder, will lead the "Yoga Kick Off" portion of the Cystic Fibrosis Foundation's "Breath for Life" event, Sunday, May 4, at Scottsdale Civic Center Park, 7380 E. Second St., Scottsdale. Registration begins at 7:30 a.m., with an 8 a.m. start time.

Event participants will be invited to celebrate life and breath by joining Azoulay in completing 108 Sun Salutation sequences. Sun Salutation is a series of 12 yoga postures performed in a single, graceful flow. It is one of yoga's most familiar and dynamic routines.

According to Azoulay, the number 108 is significant for a number of reasons: "One hundred eight is the number of names for Buddha; the Chinese number representing man; the number of beads on a Catholic rosary; and the number of beads on a Tibetan mala," said Azoulay. "It also is 12 times the number nine, which is the number of Vinyasas in a Sun Salutation, and it's the number of stitches on a baseball," he said.

Yoga participants are asked to bring their own yoga mat and water bottle.

Admission is free, although participants are invited to purchase a raffle ticket for \$20, which goes directly to the Cystic Fibrosis Foundation. Yoga classes, Thai massages, Lululemon clothing and other prizes will be raffled at the conclusion of the event. For more information, please contact Maureen Ameche at 602-326-1575 or Azoulay at 480-947-8424.

ABOUT REJUVENATION

Rejuvenation is downtown Scottsdale's first Thai yoga massage center dedicated to bridging the practices of Thai massage and yoga. Affiliated with the Thai Healing Alliance International (THAI), the tranquil Fifth Avenue studio features a relaxing Thai massage experience, a wide variety of integrated and targeted Thai yoga, yoga and tai chi classes, a fashionable onsite boutique and an eclectic assortment of organic delicacies.

In addition to classes and treatments, Rejuvenation also offers a wide selection of training opportunities for yoga teachers and enthusiasts, massage therapists and members of the general public who are interested in learning more about this extraordinary and time-honored method of aligning the energies of the body.

Rejuvenation is located at 7050 E. Fifth Ave., in Scottsdale. For more information, please call 480-947-8424 or visit the website at www.rejuvenationaz.com.

Yoga

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