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Betty Riaz strikes a new pose

Open House at Stil Studio at Legacy Place in Dedham  
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(Boston, MA) May, 2009 ---- Always following her passion and intuition, Betty Riaz is expanding the STIL brand with a new venture - STIL Studio, yoga and meditation destination, opening August 26. Riaz and her business partner, Kevan Gale, are creating a unique space for those who want to study and practice yoga.

Gale, Senior Level PranaVayu teacher, apprenticed with PranaVayu founder David Magone. With a focus on endurance sports as both a swimmer and cyclist, Gale was introduced to yoga in 1995 and developed a keen fascination for the mind-body connection. He made a complete transition from endurance sports to yoga in 2005.

STIL Studio will offer five classes a day incorporating music, pranayama, sequencing yoga postures and brief meditation for all levels, from beginners to advanced students. Classes will be organized around schedules for young mothers, children and teens, as well as for the after work crowd.

"We intend to make the classes fun, because when students are having fun, they're focused on what they're doing and not the stresses in their lives," explained Gale. "Our classes help to balance the body and mind, emphasizing strength, flexibility and relaxation."

The 1800 sq. ft. space designed by JFS Design will be awash in vibrant colors, inspired by Riaz' trip through India over a year ago. Riaz will bring her retail experience to choosing lines of yoga clothing, accessories, jewelry, candles and eastern style home furnishings for the studio.

Riaz first burst onto the fashion scene in 2004 with her lifestyle boutique STIL Clothing. She helped launch the careers of many local designers and introduced Boston to new fashion trends from around the world. Now, with two successful STIL clothing stores, Riaz has decided to breathe deeply, expand her vision, and allow her new interest to take flight. "The yoga journey has been so transformative for me that I wanted to share this passion with others," said Riaz.