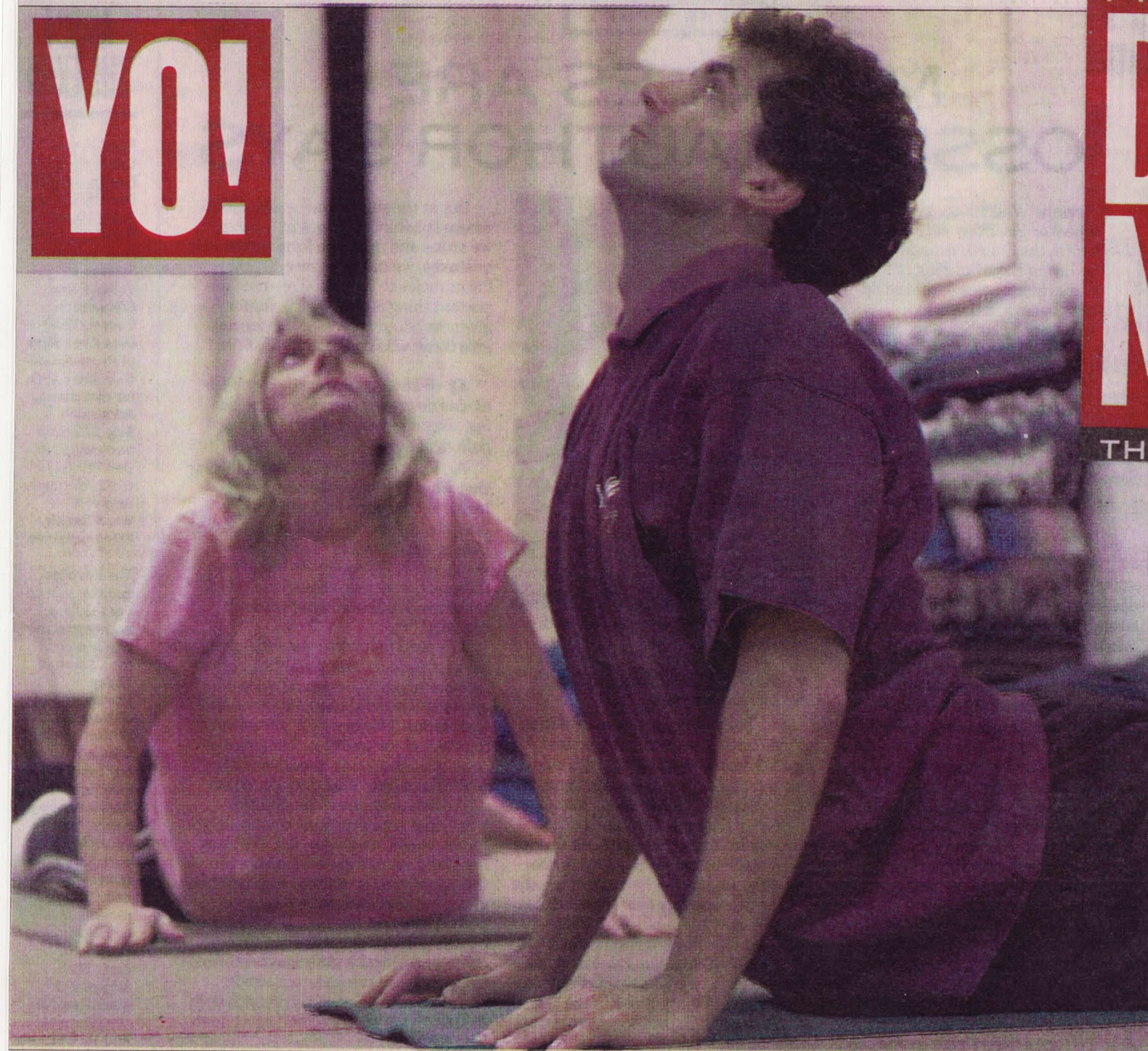


YO!

PHILADELPHIA
**DAILY
NEWS**

THE PEOPLE PAPER



BRAD C. BOWER/For the Daily News

Robert Butera, of the YogaLife Institute, teaches class in Phoenixville.

GIVE PEACE OF MIND A CHANCE

GET A SPIRITUAL LIFT AT THE HEALTHY LIVING EXPO

By **ALEX RICHMOND**
For the Daily News

COVER STORY

AFTER THE EVENTS of Sept. 11, it's fair to say that we've all been on edge. So where to we go from here?

Do we stay glued to CNN, not leaving the house except to go to work (no stress relief there!) or to the supermarket to replenish our supply of fattening, couch-potato comfort foods?

That won't do.

So why not head to "Mind Body Spirit, the Fourth Annual Healthy Living Expo" at the Valley Forge

Convention Center this weekend, to rejuvenate sagging spirits with holistic healing techniques, healthy natural foods, inspiring speakers and lots and lots of yoga.

Robert Butera, who heads the YogaLife Institute in Phoenixville, will lead this year's expanded yoga forum. Participants will be able to sample the styles of eight local yoga centers.

Butera says first-timers at the expo will be amazed "to see how many people are interested in

healthy living."

"The more mainstream things become, the more confidence people have in these techniques," he said. "Yoga had the same benefits in the '60s, when it first gained popularity, as it has now. Now, more of us know about them."

The marketing of crystals, asanas and affirmation tapes in the wake of the nation's greatest tragedy may seem, well, like a shameless way to market crystals to a grieving nation.

See **HEALTHY** Next Page