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## FOR IMMEDIATE RELEASE

# PRO WRESTLER INTRODUCES YOGA TO THE REGULAR GUY

## “DIAMOND” DALLAS PAGE AND “YOGA-DOC” CREATE THE IDEAL “GUY FRIENDLY” WORKOUT

LOS ANGELES, CA (August 24, 2005) -- Yoga—for *guys*? You're kidding, right? “No, we’re drop-dead serious, and this workout is the real deal,” says three-time World Champion wrestler and actor “Diamond” Dallas Page.

Known in the main event wrestling ring as “DDP,” “Diamond” Dallas Page, along with co-author Dr. Craig Aaron, is on a mission to prove that his new brand of yoga, ***Yoga for Regular Guys (YRG)***, is the best damn workout on the planet, no holds barred. In his new book published by Quirk Books, ***Yoga for Regular Guys***, DDP offers a comprehensive fitness program that shows real men how to enhance their flexibility, stability, creativity, strength, endurance, and sexual performance, and maybe most importantly, get access to beautiful, limber, and “ridiculously hot” yoga-babes. ***Yoga for Regular Guys*** is a serious but fun, sexy, and informative workout—that can change guys’ lives in more ways than one.

Dr. Aaron met DDP while Page was rehabbing a potentially career-ending back injury. Aaron, known around professional sports locker and training rooms as the “Yoga-Doc,” is a chiropractor, trainer, and “yogi” for numerous members of the NFL, MLB, TNA Wrestling, and World Wrestling Entertainment. Together the two developed ***Yoga for Regular Guys*** to spread the word about the amazing benefits both have experienced through yoga practice. “YRG is the perfect vehicle to show both the healing and rejuvenating effects of improved flexibility, in a comprehensive but realistic workout,” says Dr. Aaron. “Besides making my core stronger and getting me back in the ring again, both mentally and physically, I have never had a more profound and gratifying workout as those I’ve had with yoga. This is a workout that truly takes the best and most effective parts of others to make a so-much better program,” adds Page.

*Pro Wrestler Introduces Yoga to the Regular Guy—*

YRG is a hybrid of proven methods: It's been described as yoga meets old school calisthenics—combined with slow motion isometric movements. The workout utilizes stretching and yoga poses that are guy friendly along with variations on “old school” pushups, squats, and crunches. This book provides fully illustrated step-by-step instructions, which Dallas Page assures “will take yoga to a whole new level.”

***Yoga for Regular Guys*** is a comprehensive, creative, and motivational approach to fitness presented in 20-, 30- and 45-minute workouts. The book establishes a foundation of breathing techniques and warm-ups for each of the workouts, and DDP and Yoga Doc have also added chapters that feature quick fixes for stress relief as well as important insights and experienced tips on how regular guys can eat right, get healthy, and even improve *performance*.

**YRG** gives you *energy, flexibility, stability, and creativity*—which leads to longevity!

**ABOUT THE AUTHORS**

**DIAMOND DALLAS PAGE** sustained a crippling injury in 1998, and used the principles of yoga to regain his strength and flexibility and become a three-time Wrestling World Champion at the age of 43. For more information on DDP, visit: [www.diamonddallaspage.com](http://www.diamonddallaspage.com).

**DR. CRAIG “Yoga-Doc” AARON** is the holistic sports chiropractor and yoga trainer for many professional and college athletes in the Southeast region. For more information on the Yoga-Doc visit: [www.yoga-doc.com](http://www.yoga-doc.com).

**YOGA FOR REGULAR GUYS**

By Diamond Dallas Page

With Dr. Craig Aaron

Forward by Rob Zombie

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