

Yoga Therapist Publishes Post On Givenchy Perfume And The Inception Of 2 Minute Yoga

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Nicole DeAvilla, yoga therapist and president of The Yoga Professional Academy, has published a blog post recalling that time when she was a fragrance model for Hubert de Givenchy and when she started developing 2 Minute Yoga. The Yoga Professional Academy is famous for its 2 Minute Yoga solution for relieving stress and back pain. She recalls that time when she worked at Givenchy as a fragrance model and how she saw Givenchy himself experiencing stress after greeting his many admirers. She relates how Givenchy asked for her help to get him out of there. This post can be read at <http://yogaprofessionalacademy.com/givenchy-perfume-and-yoga/>.

Nicole DeAvilla recalls: "I stood to the left of Mr. Givenchy. As expected he was impeccably dressed wearing a light grey suit. He was courteous. We went right to work as a long line was forming. He would greet each one of his admirers with a handshake and smile. My job was to hand out Ysatis posters. After what seemed like very little time had passed... He was not enjoying his time with the public anymore."

In her blog post at <https://30seconds.com/mom/tip/15934/Hubert-de-Givenchy-My-Powerful-Modeling-Memory-About-the-French-Fashion-Designer-Icon>, Nicole recalls how the managers had to come and rescue Givenchy from his popularity. Thus, she and her fellow fragrance model were the ones left, handing out sample bottles of the Ysatis perfume. As a remembrance of that day, she still has her miniature bottle of Ysatis. In the Yoga Professional Academy post, Nicole also recalls how coming from her work as a make-up artist at a department store, she had only had a brief time to relax and deal with the stress from her work and her back pain before she went to her class, teaching yoga. Nicole reveals that it was at that time when she came up with the concept of the 2 Minute Yoga. She describes the yoga moves that she made to relieve the stress and pain and points out that the whole process only took her 2 minutes to complete.

Today, Nicole DeAvilla focuses on helping people in situations she was once in, using just two minutes of their time at home or in the office. She encourages people to read her 2 Minute Yoga Solution book to find out more about the process. She says: "Experience a private yoga therapy consultation in the privacy of your

own home via Skype with myself. Feel heard and understood as you explore what yoga therapy can do for your heart, back pain, stress, chronic pain, anxiety, joint pain, lifestyle and more." More about this can be found at <http://the2minuteyogasolution.com/assessments>.

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Yoga Professional Academy

The Academy for Yoga Professionals and Director, Nicole DeAvilla, take the overwhelm away and helps yoga professionals get their zen back so they can love their yoga business as much as they love serving through yoga.

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