

RAINBEAU MARS

RAINBEAU MARS - was born in the Ozarks in a teepee under a double rainbow, heralding her calling to serve stories that inspire, transform and heal.

Attracted to theater at an early age, Mars grew to become an experienced stage actress with lead roles in regional productions of her hometown Boulder, Co, such as "Willy Wonka" and "Pippi Longstocking". In highschool, Mars went on to creative writing and developing her own local TV show before moving to Molokai, Hawaii where she learned to speak pidgeon, hula dance, surf and train in other aina past times.

At seventeen Mars was began a modeling career on the islands, eventually booking in Colorado, Miami, and Europe. This garnered Mars the attention of Milos Forman who cast Mars in her break-out role in the controversial film *The People vs. Larry Flynt* (1996), which earned 2 Golden Globes and 2 Oscar Nominations.

In 2000, Mars went on to featured roles in the romantic comedy *If You Only Knew* (2000), and teen comedies *100 Girls* (2000) and *Going Greek* (2001). However, Mars then chose to get back to her roots and align more with her upbringing and lifelong practice of yoga, natural health and activism.



AUTHOR

"The new you is waiting. Put aside the foods that pollute, destroy and harm, and eat what the mother has provided us— food that's healthy for your body and the planet. Rainbeau will show you how."
-James Cameron
Filmmaker, environmentalist, deep-sea diver, director of Avatar, Titanic, Aliens



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Foreword by Woody Harrelson

RAINBEAU MARS

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Oscar-Winning Director **JAMES CAMERON**

"Put aside the foods that pollute, destroy and harm, and eat what the mother earth has provided us food that's healthy for your body and the planet. Rainbeau will show you how."



Supermodel/Entrepreneur **JOSIE MARAN**

"Rainbeau inspired me to appreciate the power of natural health, beauty, and fitness through healing and delicious foods. I am grateful to call Rainbeau one of my best friends and teachers and excited that now, you will also."



Actor **DAVID DUCHOVNY**

"Rainbeau Mars is the rare gift in a teacher: able to lead by instruction."



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What I learned from Joan Rivers.

Via Rainbeau Mars on Sep 14, 2014



When I began writing this, I was still praying for a miracle that she would awaken and tell us all about the pearly gates of heaven, having seen the

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Via Rainbeau Mars on Jun 29, 2014



Rainbeau Mars: Health Guru Helps You Lose Weight This Summer

Tue, May 13, 2014 10:30am EDT by [ericraymitchellhl](#) 2 Comments

HollywoodLife beauty Exclusive Interview!



Courtesy of Michael Bezjian

This Could Be The Craziest Bridezilla De

by [NATASHA BURTON](#) JUN 10, 2013



GETTY IMAGES / GETTY IMAGES

We've heard of some pretty crazy requests from brides in our day, from asking bridesmaids to wear the *exact* same shade of Essie nail polish to refusing to drink anything but chilled Evian before walking down the aisle.

As a bride-to-be myself, I kinda get it: I'm only in the planning stages and sometimes I feel like the wedding is already driving me insane.

However, one woman we read about today on HuffPost may take the cake for most demanding bride yet: Rainbeau (eyeroll) Mars is asking all of her guests to go on a THREE WEEK cleanse before attending her nuptials.

Cue the *oh no she didn't*'s.

Apparently, Rainbeau is a health "guru" and, according to a press release about her wedding (eyeroll x 2), she "hopes that by requesting her guests try out a vegan and subsequently live food diet for 21 days, everyone will look and feel their best for HER big day."

I'm sorry but I don't know whether to throw up in my mouth or order a huge, greasy pizza in protest on her guests' behalf. Sure, it's great to commit to a healthy lifestyle, but don't force an extreme version of it on your nearest and dearest.

Moral of this story? No matter how overwrought you might feel while planning your own wedding, or how annoyed a Bridezilla-ish pal may make you, someone's already out-crazied us all. And her name is Rainbeau.

Have a Bridezilla tale that can beat this one? Tell us about it in the comments.

Want more from Natasha? Follow her on [Twitter](#) or find her on [Facebook](#).

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June 24, 2014 Like Share 278 Pin it 5 +1 1 Tweet 9

Recipes and Tips From 3 New 'Non-Diet' Books



By [JESS BARRON](#)

If you are — like me — still working on getting yourself svelte for summer, here are three books offering new perspectives on cleansing, fitness, healthy living and weight loss that each offer practical tips and recipes that are game-changers.

These books were each written by women who have found success in creating their own unique paths and philosophies to maintaining a healthy weight. Their tips and recipes can help make wellness and weight loss easier. The books are: Rainbeau Mars' "21-Day Superstar Cleanse," Lauryn Evarts' "Skinny Confidential," and Rachel Pires' "Diet Enlightenment: The Real Secret to Weight Loss."



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BY HH EDITORS / FEATURES / JULY 10, 2014

MARS MISSION

From her birth under a double rainbow to her rise on the big screen, this actor, author, and innovator is making waves around the world with her inspiring story. Here, Hollywood's hottest yogi and health guru RAINBEAU MARS tells HAUTE HEALTH of her love for food, self, yoga, and her mission to heal the planet, one body at a time.



HAUTE
FEATURE



THE BEST BRAIN FOOD (AND NUTRIENTS) FOR BACK TO SCHOOL p. 38

Your Guide to Health+Beauty

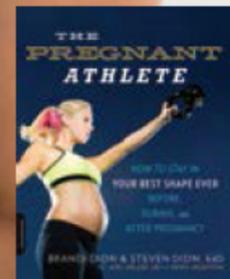
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Rainbeau Mars: Balanced Beauty

Sunday, July 20, 2014

by Chris Mann

Posted in August 2014, Features, Healthy Celebs



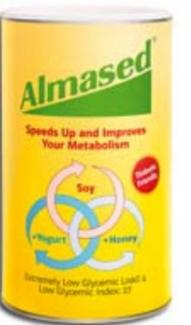
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Hollywood Kids Take Two Week Vegan Pledge

3 Tweets 7 Likes 1 Pin 1 G+1

BY MARIA MOONEY JUNE 4, 2014

CATEGORIES: HEALTHY LIVING, LIFESTYLE

TAGS: JOHNNY SEQUOYAH, LELA BROWN, RAINBEAU MARS.

Celebrities taking vegan pledges has become a part of Hollywood culture, and now tinseltown's tiny ones are next in line to take on veganism. Author and yogi-to-the-stars **Rainbeau Mars** started the two week kiddie challenge, which began on Monday and already has 300 ready and willing tiny participants.

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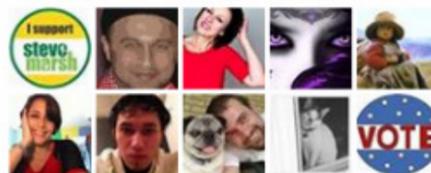
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A recent *New York Times* piece highlights the growing popularity of families raising their children on raw or vegan diets. On the surface, this may not seem like much to write home about; after all, this is 2014: What's a little veganism compared to the paleo diet, gluten-free craze, low-sugar trend, or the ever-popular low-fat or low-carb diets? Still, the piece raises a loaded question: Should you raise your kids on a completely vegan or raw diet?

Twenty years ago, the answer might have been no. Today the answer isn't so simple. Emily Kane, an Alaska-based naturopathic doctor, writes in *Better Nutrition magazine* that today's children "bear a higher chemical burden than they would have 100 years ago," so toxicity symptoms—such as

headaches, constipation, rashes, bleeding gums, B.O., and difficulty breathing or concentrating—are increasing in children. One couple cited in the *Times* says that before they had children, they both suffered severe addictions to "junk food, candy, pastry, and fried fatty foods," so they put their child on a raw diet to save him from the same fate.

Activist, author, and yoga expert **Rainbeau Mars** agrees, which is why she's encouraging entire families to adopt a vegan lifestyle to help youngsters find healthy alternatives to their favorite "addictions."

"It's really important that kids are eating enough nutrients, vitamins, and minerals, but what happens often with mainstream philosophies is that we think kids benefit from eating white bread and nitrate-filled animal products," she says. "We forget kids actually will like vegetables, especially if they get involved in the cooking process." Mars says her diet is a "zero-calorie restriction" plan (click here for a sample menu) that focuses on high-fiber, plant-based foods, with an emphasis on encouraging kids to eat from "each color of the rainbow" to ensure they meet all their nutritional needs.

RELATED: [Boyfriend-Approved Vegan Recipes](#)

All of which sounds good in theory. But childrens' dietary needs differ from adults, and too often kids become "non-vegetable eating vegans," says Caroline Cederquist, M.D., medical director at *bistroMD*. A vegan diet filled with grains, white bread, and fruit is just as unhealthy as the Standard American Diet, and some experts say that many of the

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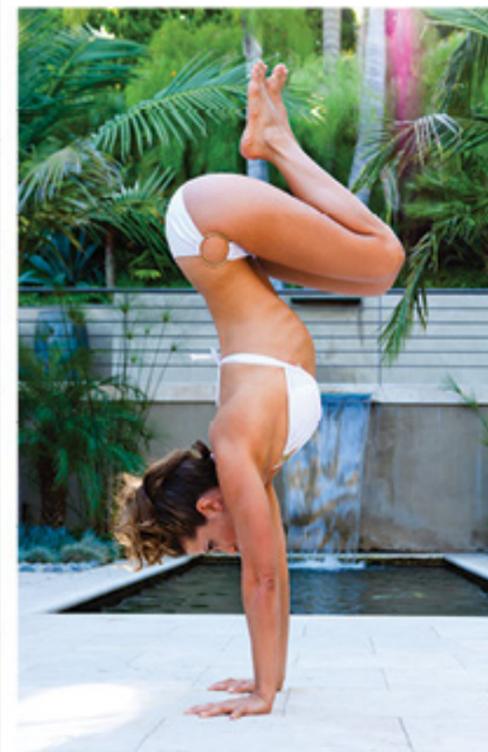
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**Rainbeau
mars** **INTERVIEW:
MARANDA PLEASANT**



Maranda Pleasant: What makes you come alive?

Rainbeau Mars: What makes me come alive is nature — swimming in the ocean, taking a hike, or just sitting on grass and looking at the sky, which always reminds me of the perfection that already exists when we are open to it. Also, listening to what makes my heart beat faster. For me, I find that somewhere between what is comfortable and what is just beyond. I like to call this, "embracing the edge." Also, letting go of or clearing away whatever is dulling, blocking, or killing me slowly, including too much thinking, judging, or self-sabotaging, and doing my cleanse makes me feel alive.

MP: If you could say something to everyone on the planet, what would it be?

RM: The connection that we are all so hungry for is within. It's in our hearts and if we can live there now, we can stop the insane amounts of suffering.

MP: Tell me about your latest project.

RM: The 21 Day SuperStar Cleanse is my new book out this spring. It was a thrill to write (but also a lot of work!). This new book feels like a lifetime labor of love. It's all about sharing from my heart, sharing what is most vulnerable to me, and creating a very real program that I am so grateful to have in my life. I've also just finished a documentary and am co-writing a TV show.

MP: How do you keep your center in the middle of chaos?

RM: I would say yoga, but I have to admit that at times, in order to get to some of my deadlines, appearances, or duties as a mother and wife accomplished, it gets neglected. Then it's affirmations, practicing virtue, taking a bath, and doing a ten-minute meditation or visualization.

MP: What truth do you know for sure?

RM: The truth is that there is an infinite amount of knowing that I have not even begun to scratch the surface of. For the little that I know, there is so much more that I don't know.

There is nothing more important than the heart. Not choosing to do yoga is like keeping one of the most valuable gifts ever received wrapped. Taking care of our bodies and simultaneously the planet in a more environmental way is one of the greatest ways we can be part of the solution.

Looking to crystallize or awaken ourselves is worth far more in this walk of time in human form than simply going through the motions before we die. We are the only ones we can change. ☺

Rainbeau Mars is an actress, author, and health, fitness, and beauty expert sought out by actors, models, and business moguls. She served as the Global Yoga Ambassador for Adidas and stars in her own yoga series on Lionsgate's BeFit Channel. Her yoga and fitness DVDs have sold over two million copies. Her latest DVD, BeFit Yoga: 10-Minute Daily Yoga Fix, is now available. She is also co-starring in the comedy *Wide Awake*. She lives in Los Angeles with her daughter, Jade Mars, and her husband, Michael.

PHOTOS: JEFF SKEIBIK (BIKINI) CRAIG CAMERON OLSEN (BLUE DRESS)

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6 Ways Rainbeau Mars' 21-Day Superstar Cleanse Could Makeover Your Life!



By [Victoria Moorhouse](#)

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A lover of Mad Men, #ManicureMondays, statement shoes, and anything Boy Meets World.

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Diets are hard enough—and feeling that frustrating restriction to lettuce, celery, and cleanse-y green juices only makes the process of making over your meal plans even more difficult. [Rainbeau Mars](#), a celebrity-loved (see [Russell Simmons](#) in the pic above?) health guru, and yoga enthusiast, has created a cleanse book that takes that preconceived notion commonly associated with the

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Coloradoan Rainbeau Mars, Back to Dish on her Book!

Posted on: 3:23 pm, June 20, 2014, by [kimberlyfeit](#)

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[Rainbeau Mars](#) is a health guru to the stars, yogi extraordinaire, author — and she's from Colorado! She joined us on set today to tell us what her new book, "21 Day Superstar Cleanse" is all about and inspire us to live a greener and healthier lifestyle. She even gave Meaghan a yoga lesson! Watch below to see and learn about her amazing story:



Visit Rainbeau in person today at 3PM at the Barnes and Noble at 9370 Sheridan Boulevard in Westminster or tomorrow, Saturday at 5PM at the Boulder Bookstore at 1107 Pearl St. Be sure to pick up a copy of the "21 Day Superstar Cleanse."

To learn more about Rainbeau, visit her websites: [RainbeauMars.com](#) and at [RainbeauMarsLifestyles.com](#).

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RAINBEAU MARS
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Chasing Rainbeau

She's catapulted the conventional yoga class out of the studio and into the stadium, blending her charismatic instruction with the amped-up energy of a rock concert. She's taught audiences as large as 3,500—and she's traveled to remote villages to bring yoga to those who have never practiced. But this month's cover girl and face of adidas' new yoga clothing line—made from sustainably harvested eucalyptus—is no prima donna. *Natural Solutions* talks to Rainbeau Mars about how she finds balance both on and off the mat.

On her worldview: I've learned that no matter where you go in the world, everyone wants the same thing—they want to feel healthy, beautiful, prosperous, and loved. And these desires exist despite differences in religion, race, or country. It's time to bring the focus inward and concentrate on "the basics"—our loving families and communities. Solutions to the world's problems begin with small changes from each of us.

On her most inspirational students: Whether it's on an inner-city basketball court in Los Angeles or the banks of the Amazon where a tribe's children once watched me practice, I teach kids how to breathe through stressful situations and feel comfortable in their own bodies. Teen girls write me to say how my yoga DVDs have helped them through troubled times and taught them to accept who they are and how they look. But as much as I have to teach them, the children show me how to see life through their eyes and connect with my inner innocence.

On dealing with her own stress: No matter how crazy my life gets, I've learned that if I set aside just one hour a day to practice yoga, I have a chance to stop multitasking, and my stresses crumble away. I also see more clearly how my body is a blueprint of my emotions—how stressed, happy, or sad I feel becomes evident in the way I do yoga. Stress or inner turmoil can make my hips tight or throw off my balance. Working through difficult poses helps me move through life's challenges.

On listening to your body: Sometimes when a particular pose feels painful, your pain—or fear of pain—gets in the way of you doing the pose correctly. I always say, "What is in the way is the way." Instead of judging yourself for not being as flexible as your neighbor, listen to what your body is trying to tell you. You need to ask your hamstrings or hips, "What's wrong?" and just listen to whatever it is that your body needs at that moment. Don't push through pain—your body is smarter than that.

On her favorite yoga pose: Handstand. It's my reference point. When I'm not acting in alignment with my true self, it becomes evident in my handstand—if I've eaten too much, if I was wrong in an argument, or if I acted out of my ego, my handstand will be off balance too. —INTERVIEW BY NICOLE BUNGAN



TOP: PHOTOGRAFIE; CLOTHING: BALDWIN TALENT; BOTTOM: COURTESY OF RAINBEAU MARS

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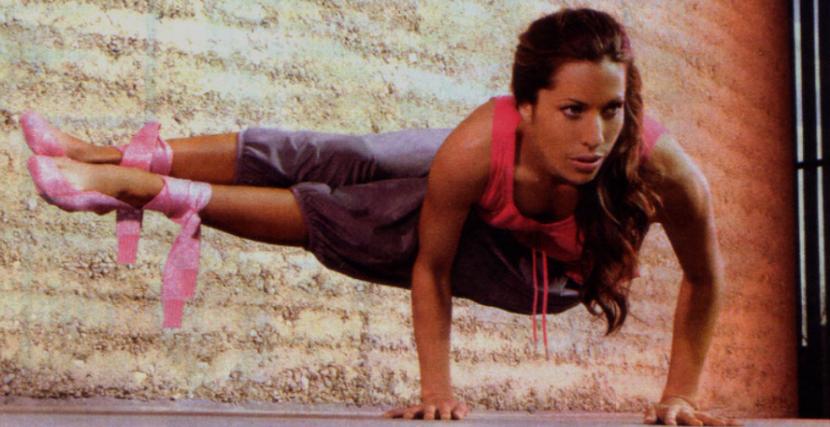
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Uppvärmningen

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Våren hos Adidas präglas av yoga. Mjuka funktionsmaterial och snygga linjer i ljusa färger blandas med skor och dova byxor. På bilden ser du Adlibria yoga tank, 350 kronor, Adlibria yoga knit pant 500 kronor och yogastrumporna som du får med om du köper skorna Hatha ballerina, 800 kronor.



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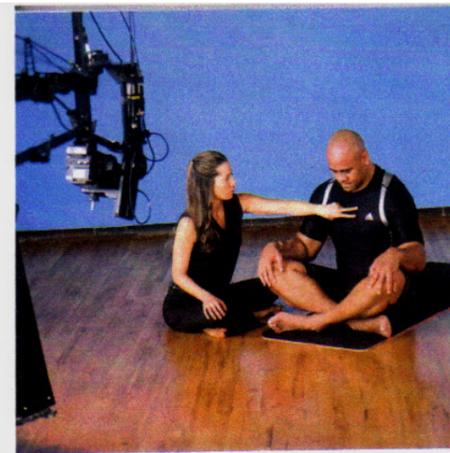
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» De första två åren jag tränade yoga grät jag. Det var genom att praktisera yoga jag insåg hur mycket spänningar jag hade i kroppen. Det var jobbigt «



Rainbeau visar rugbystjärnan Jonah Lomu hur yogapositionen båten ska göras.



Lilla Rainbeau

Rainbeau i skön 70-talsmundering – blommig väst och spräckliga, röda byxor.

Hon flyttade till havet för att slippa det ytliga Hollywood. Här är en yngre Rainbeau plaskandes i vågorna.



ville jobba som yogalärare efter utbildningens slut, och jag var den enda som inte räckte upp handen. Men sedan kände jag att jag inte kunde behålla något som betytt så mycket för mig själv. Jag ville ge det till andra.

Sedan gick det undan. Hennes karriär pekade spikrakt uppåt och hon fick snabbt ett rykte om sig i Los Angeles, där hon bor. Med ett stort filmstjärneleende berättar hon att hon helt plötsligt hade åtta a-listkändisar på sin kundlista. Vilka kan hon naturligtvis inte säga, sådant vill kändisarna hålla hemligt, tydligen. En glammig kändistränare som Rainbeau Mars gör sig förstås bra på tv-skärmen och hon började få en hel del erbjudanden om att göra yoga-dvd:er för hemmabruk.

– Först sa jag nej till allt. Jag är ju fortfarande nybörjare. Men typ sjunde gången de frågade handlade det om en inspelning på Hawaii och då sa jag okej, haha.

Nu har hennes yoga-dvd:er sålt mängder i USA, och Rainbeau tycker att det är viktigt att

behålla sin ödmjukhet trots framgångarna.

– Ibland känns det konstigt att jag ska lära ut yoga eftersom jag själv fortfarande skrapar på ytan. Jag lär mig nya saker varje dag. Men jag vill inte säga att jag lär ut yoga, utan jag vill lära människor att själva hitta yoga.

Vill sprida yogan

Många av Rainbeau Mars klienter är professionella idrottare. Hon säger att just dessa människor behöver yoga för att kunna tänja på sina gränser.

– Och inte bara kan de tänja på gränserna, utan det hjälper dem också att hitta sig själva och stanna i sitt centrum, oavsett var de är. Det kan till exempel vara på fotbollsplanen, tennisbanan eller i löpspåret, säger Rainbeau.

Att se yoga som en idrott är något Rainbeau inte har något emot. Hon är nytt ansikte utåt för Adidas yogakollektion och är därför ute på en lång turné i Europa. Hennes egen yogaform ra-yoka är fysisk. Den är en blandning mellan

yoga, kampsport och coreträning. Och trots den glammiga framtoningen och fokus på fysiska prestationer menar Rainbeau att den mentala träning vi förknippar med yoga fortfarande finns kvar i hennes ra-yoka.

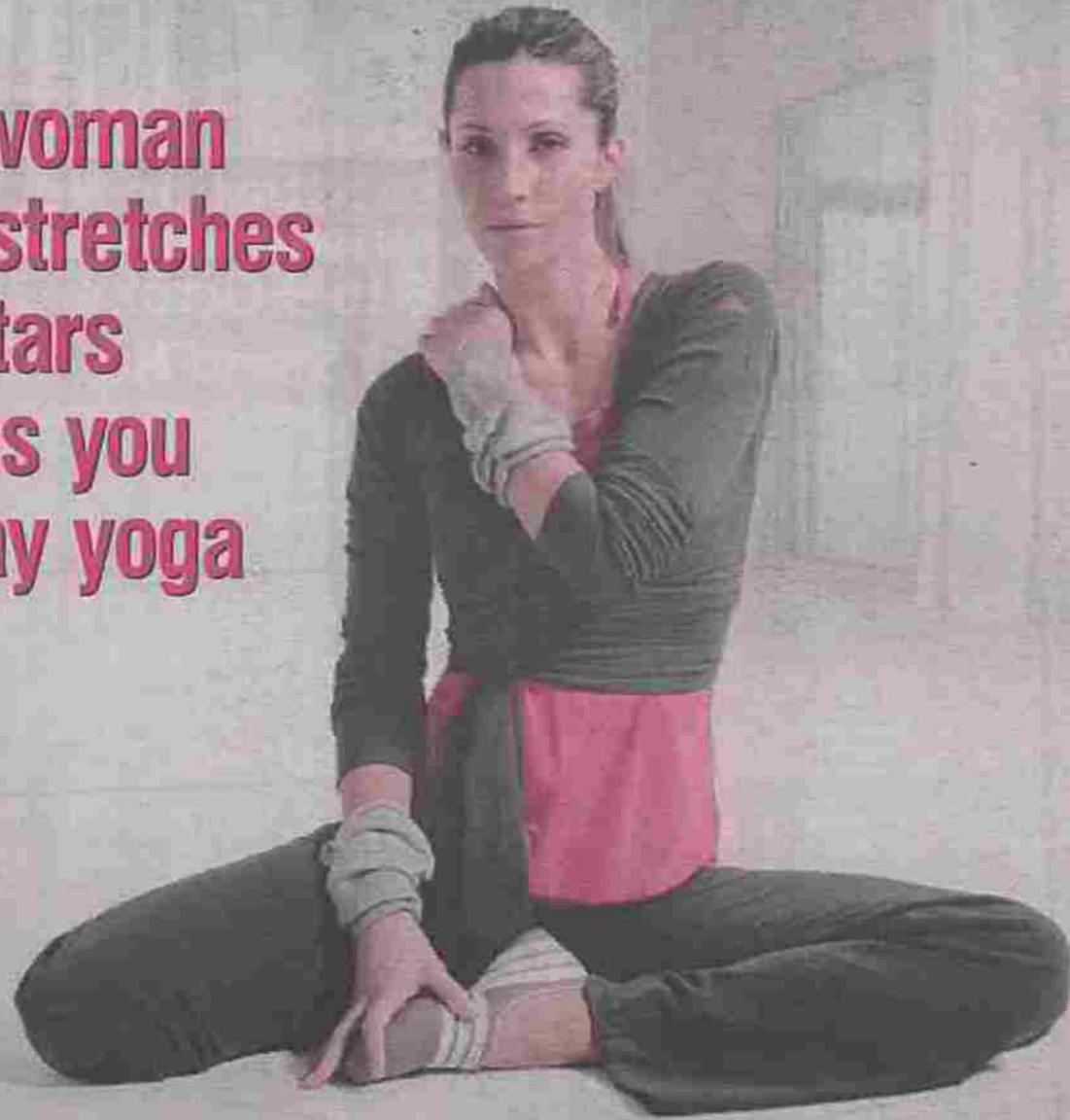
– Det går inte att ta bort den delen, säger hon. Yoga är att sätta samman kropp och själ, även om det är fysisk träning, säger hon.

Hon menar också att det är helt okej att börja yoga på ett gym där grupperna är stora och tyngdpunkten ligger på den fysiska träningen. Resten kommer som positiva bieffekter.

Det enda man ska se till, och som kan vara svårt som gymbesökare, är att yogan är säker.

– Läraren måste vara duktig, se till alla deltagare samt anpassa och ge alternativ som passar alla. Dessutom hjälper ju gymmen till att sprida yogan. Det är samma sak med kändisar som tränar yoga. Det är många som har börjat för att de har läst att Madonna eller Scing tränar yoga. Allt som kan sprida yogan till fler personer är positivt. ●

The woman who stretches the stars invites you to play yoga



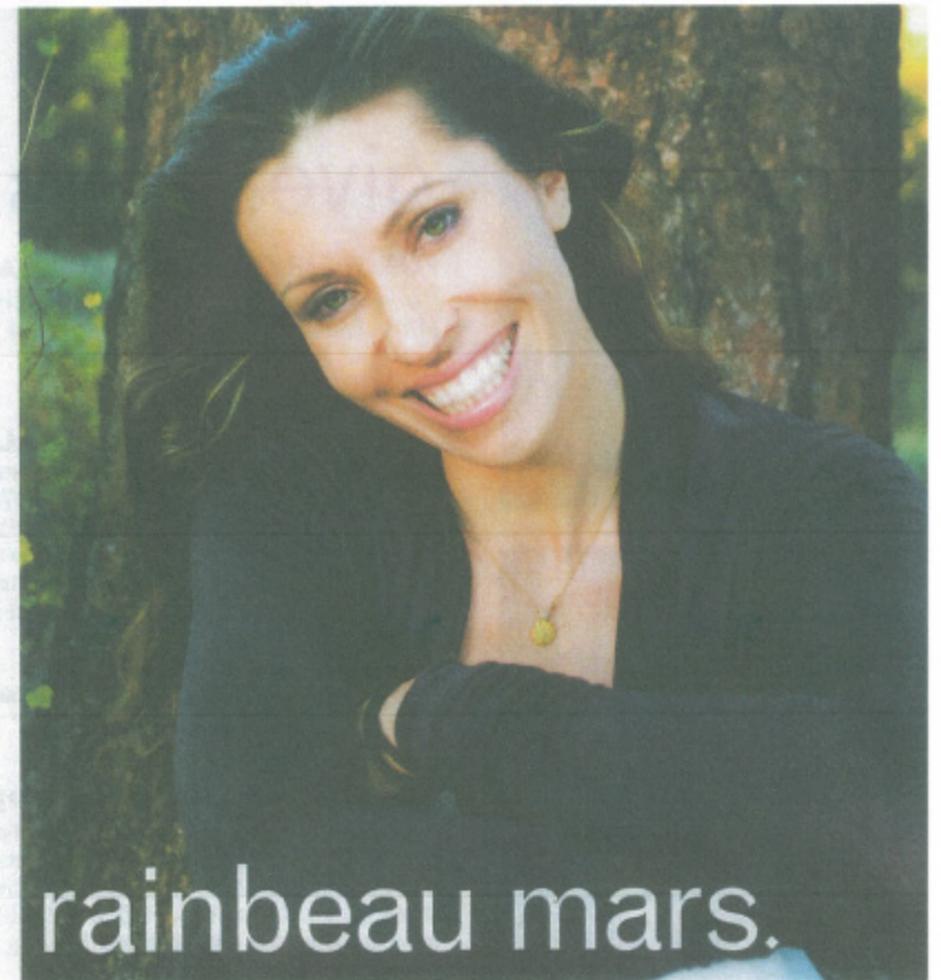
Rainbeau Mars, the world famous yoga professional and the global ambassador for the adidas women's yoga range, will be flying to Dubai from LA next week to share her mesmerising movements with the UAE's yoga enthusiasts - and there is a way to be invited.

A celebrity in her own right, Mars has many famous clients, including actors David Duchovny, Ben Stiller, Owen Wilson, and Flea of the Red Hot Chili Peppers. She has been practicing ashtanga yoga for years, and while in Dubai she is giving a few lucky people the chance to attend one of two popular

classes on October 12. As part of the adidas 'Play Yoga' marketing campaign, anyone who spends more than dhs300 on women's performance products at any adidas store, instantly enters a draw to win a place at one of Mars' yoga sessions. **Go to any adidas stores for more information.**

portrait rainbeau mars

Yoga teacher Rainbeau Mars (yes, that is her real name) created ra'yoKa, a hybrid of yoga and martial arts, because, she says, "I was busy and I wanted to maximise my time on the mat." Rainbeau has taught audiences as big as 3,500, as well as in tiny villages in 12 countries.



rainbeau mars.

Home If it's where the heart is, then Hawaii and Los Angeles.

Turning point When adidas (yes, with a small a) scouted me. The first DVDs I created sold many copies worldwide, and teaching yoga to adidas athletes has had the effect of catapulting yoga across all sports. I am proud to have created my own signature line, and also of encouraging adidas to become more sustainable. It's been a great partnership.

Why is yoga so relevant today?

People tend to look to others for answers but they can do so much for themselves. With the right diet and by supporting the body with the internal massage and circulation that yoga offers, or adding cardio and the enhancement of fast-twitch muscles that ra'yoKa offers, we can all be so much healthier. Combine these things with the yoga lifestyle, right action and living,

and the community as a whole becomes healthier and calmer.

What makes a good yoga teacher? One who practises what they teach.

What is your favourite yoga pose, and why? Handstands show

When I say yoga, I mean its true definition: Union. My aim is to bring yoga's message to all aspects of our lives – how we eat, what we wear, and how we think.

me if I am on- or off-balance, and they also point me towards something I thought or ate that could be affecting me negatively.

Grounding practice I take time every day to breathe into every area of my body.

I have a little affirmation I do for all the elements and inner areas of my body.

Even if I only do it for 10 minutes, this always changes my perspective, mood, attitude, and overall vibe.

Healing philosophy "What is in the way, is the way." Whatever it is that scares you or that you tend to avoid – go there and BREATHE.

Inspiration My six year-old daughter.

She is present, loving and authentic. She communicates her truth, and she lives her life to play! I am doing my best to catch up with her.

Role models My mother, herbalist Brigitte Mars, because she is a walking angel and a healer of so many people. My father, Tom Pfeiffer, because he walks his talk. Shakira, for her inspirational work for the planet. Angelina Jolie, for being seemingly fearless of what anyone else thinks of her. I could go on ...

Life motto Love living.

Unlikely hobby Snowboarding is pretty cool. I don't like things like taxes and paperwork, but I am trying to learn to appreciate mundane tasks as well. Sigh.

Favourite treat Raw chocolate! See? Beauty and indulgence can co-exist.

Favourite word Believe.

Favourite sound Crystal bowls.

Least favourite sound Scratches down a chalk board.

If there is a heaven, what would you like St Peter to say to you? I'm glad to have you here, your home awaits you.

Visit Rainbeau and learn more about ra'yoKa at www.rainbeaumars.com.



Rainbeau MARS

Rainbeau (yes, that is her real name), who was born in a teepee under a double rainbow, has a name, and a face, you won't easily forget. The daughter of nationally renowned herbalist and author, Brigitte Mars, Rainbeau's star is on the rise. She started her acting career in Milos Forman's *The People vs. Larry Flynt*; played in Crispin Glover's *The Thirteenth Step*, appeared opposite Jonathan Schaeck and Allison Eastwood in the feature *If You Only Knew* and played Maureen in the recently released feature, *100 Girls*, directed by Sundance award winner, Michael Davis. She recently made an independent film with Native American director Alek Raven Cruz, which will show at The Sundance Film Festival. She has recently been given a role in the film, *Sphere* and will also be featured in the upcoming film, *BANG!*

Rainbeau Mars is also a nationally known instructor of Vinyasa Flow, a form of yoga, which she describes as meditation in action. She has been featured on the cover of *Yoga Journal*, as well as in *Oxygen*, *Physical* and other national media, and is one of the nation's youngest yoga instructors to teach at her level. As her reputation has grown, so has her client list, which now includes such celebrities as David Duchovny, Flea (from the Red, Hot Chili Peppers), Esai Morales, Owen Wilson, and Peter Berg. Teaching under the guidance of Yoga Works' master teachers Chuck Miller and Maty Ezraty, Rainbeau will be featured in an upcoming book on Contact Yoga produced by Tara Guber. *Natural Journeys*, a division of Goldhil Home Media, is producing a series of yoga videos starring Rainbeau called *Pure Yoga Practice: Vinyasa Flow*.

For more information about Rainbeau or the video, you can visit www.rainbeaumars.com and www.naturaljourneys.com

PHOTO BY ELIZA BALIS

IN! MAGAZINE

Cosmo Buff

New Dynamic Yoga

요가가 정석이고 척추하다고? 당신의 평건을 딱 바꿔줄 새로운 요가가 왔다. 세차적인 요가 전문가 레인보우 마스가 강하고 역동적인 '하디스' 요가 플로우 코스로 독자들에게 직접 소개한다. **유니버설**



신선들의 요가 그루, 레인보우 마스

올해의 가장 중요한 인물 중 한 명인 레인보우 마스는 요가 플로우 코스를 통해, (하디스) 요가 플로우 코스를 소개한다. 그녀는 요가 플로우 코스를 통해, (하디스) 요가 플로우 코스를 소개한다. 그녀는 요가 플로우 코스를 통해, (하디스) 요가 플로우 코스를 소개한다.

세차적인 요가 전문가 레인보우 마스가 강하고 역동적인 '하디스' 요가 플로우 코스로 독자들에게 직접 소개한다. 그녀는 요가 플로우 코스를 통해, (하디스) 요가 플로우 코스를 소개한다.

ROLLING WAVE

1. 손가락을 어깨 너머로 뻗고 팔꿈치 아래로 팔을 내려 몸을 앞으로 기울인다.

2. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

3. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

4. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

ENERGIZING KICK

1. 팔꿈치 아래로 팔을 내려 몸을 앞으로 기울인다.

2. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

3. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

4. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

DETOXING TWIST

1. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

2. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

3. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

4. 어깨를 뒤로 빼고 엉덩이를 앞으로 당겨 몸을 앞으로 기울인다.

BEND THAT *Body*

By Lily Earls

Madonna's doing it, Gwyneth Paltrow swears by it and Britney could certainly use some sessions! Yoga is all the rage these days, but does this trendy form of exercise really benefit your health? *Insider* meets world-renowned yoga expert Rainbeau Mars and investigates the truth behind those bendy bodies...

The word yoga comes from the Sanskrit word 'yuj', which means 'to unite', and its main aim is to unite the mind, the body and the spirit (hence the popular school of yoga defines it as 'the joining or integrating of all aspects of the individual - body with mind and mind with soul - to create a happy, balanced and useful life'). This is its spiritual side. Getting your spirit and feeling those calm vibes don't seem to correlate with amazing health benefits. So, I caught up with world-renowned yoga expert Rainbeau Mars, during her recent trip to Dubai, to discover just what practicing yoga on a regular basis can do for your physical condition.

'I was first introduced to yoga in my mother's womb'

I was first introduced to yoga in my mother's womb. She was in the 1970s and practised yoga, but I didn't appreciate it at first. I did Pilates and aerobics and I remember inwardly thinking I didn't connect with it. But I had to get over my dislike of it and I started practicing down by the beach.



But it was definitely worth it. These days, Rainbeau practices her own form of yoga, 'Ardra yoga', which is based on Ha'Yoga, a unique hybrid of yoga, martial arts and core conditioning. Ardra yoga is a distinctive combination of a breath-centred yoga flow with dynamic lunges and twists, integrating core strength with the fine balance of muscles in the joints, all while maintaining flexibility.

It certainly doesn't sound like the wily, wacky breathing exercises I was expecting, and many athletes agree. Rainbeau has worked with sportswomen such as professional boxer Laila Ali, tennis superstar Steffi Graf and taekwondo practitioner Hilda Salazar, demonstrating that yoga can in fact be used as a tool to improve athletic performance and stamina across many different sports.

When an athlete has focus, balance, coordination, endurance, stamina and flexibility - all benefits of yoga - they can really improve their overall performance. Yoga can also help you to become aware of your body's posture, alignment and patterns of movement.

'My own system offers a blend of therapeutic benefits and martial arts'

"My own system," Rainbeau elaborates, "offers a blend of therapeutic benefits and martial arts. I'm a mother so I don't have time to lift weights. 'Ardra yoga' greatly increases your core and balance muscles, adds in flexibility, as well as helping with strength and reflexes. It's a powerful and explosive martial art."

Ardra yoga is a very specialised form of yoga, but there are countless other types of the discipline out there, all with similar health benefits and all of which can be practised right here in the UAE.

The earliest record of yoga is generally accepted to have been written by Patanjali, an Indian yoga sage, who lived around 2,000 years ago. He is credited with writing the *Yoga Sutra*, which explains the principles, philosophy and practices of yoga, which are still adhered to today. Although many schools of yoga exist in the 21st century, they all follow the fundamental principles of yoga, decreed by Patanjali.

Which form of yoga is for you?

ASHTANGA YOGA

Ashtanga yoga, which is the most similar form of yoga to Ardra yoga, and which Rainbeau has practised for more than 14 years, is also known as 'power yoga'. It's taught as an aggressive workout where you move quickly from one pose to another in order to build strength and endurance. There is only minimal emphasis on meditation in Ashtanga yoga, and you'll feel more like you've completed a tough, physically challenging aerobic class than an hour of meditation.

If you like the sound of yoga, why not try your hand at...

TAI CHI

You'll no doubt have witnessed slow motion Tai Chi routines being practised in the early morning in parks across the world. It is an internal Chinese martial art, which means that it is an art applied with internal rather than external power. The aim of Tai Chi is to bring mental calm and clarity, assist with stress management and relieve the physical effects of stress on the body and mind.

PIRATES

Popular with celebrities the world over, Pilates is a physical fitness system, which was developed by Joseph Pilates in the early 20th century in Germany. Pilates exercises are designed to strengthen, elongate and restore the body's alignment, the main focus is on the core postural muscles, which help keep the body balanced and which provide support for the spine. According to the discipline's creator, "Pilates develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit."

HATHA YOGA

Hatha yoga is the most widely practiced type of yoga in the US and is perfect for beginners. It is gentle and involves slow, smooth movements. The focus in Hatha yoga is on holding the poses and integrating your breathing into the movements.

Stronger yoga uses similar poses to Hatha yoga, but focuses more on body alignment and balance. You'll hold your poses longer and use props such as straps, blankets and blocks. Once you've grasped the basics of yoga, Kundalini yoga is a good option. It emphasises



rapid movement through the poses and focuses on breathing, chanting and meditation. It has a much more spiritual feel than Hatha and focuses on the energy balance in your body.

BIKRAM YOGA

Bikram yoga is a very unique form of yoga. It takes place in a room, sometimes unventilated, and heated to about 105 degrees Fahrenheit. The objective of Bikram yoga is to loosen muscles, to sweat, and to cleanse the body.

Practising any of these forms of yoga should eventually mean that the range of motion in your joints increases, your grip strength improves, your hand-eye coordination begins to get better, your posture improves and your strength, endurance and immune system begin to develop.

TRIED AND TESTED

So, we here at *Insider* have been convinced to give yoga a shot. There were just a couple more questions, however, that we had to ask Rainbeau, such as if we are really inflexible (which we are), will we be bad at yoga? "Not at all," she replies adamantly. "There is no such thing as being bad at yoga because yoga simply means 'union'. If you stay in alignment, which is the most important thing in yoga, you will never injure yourself."

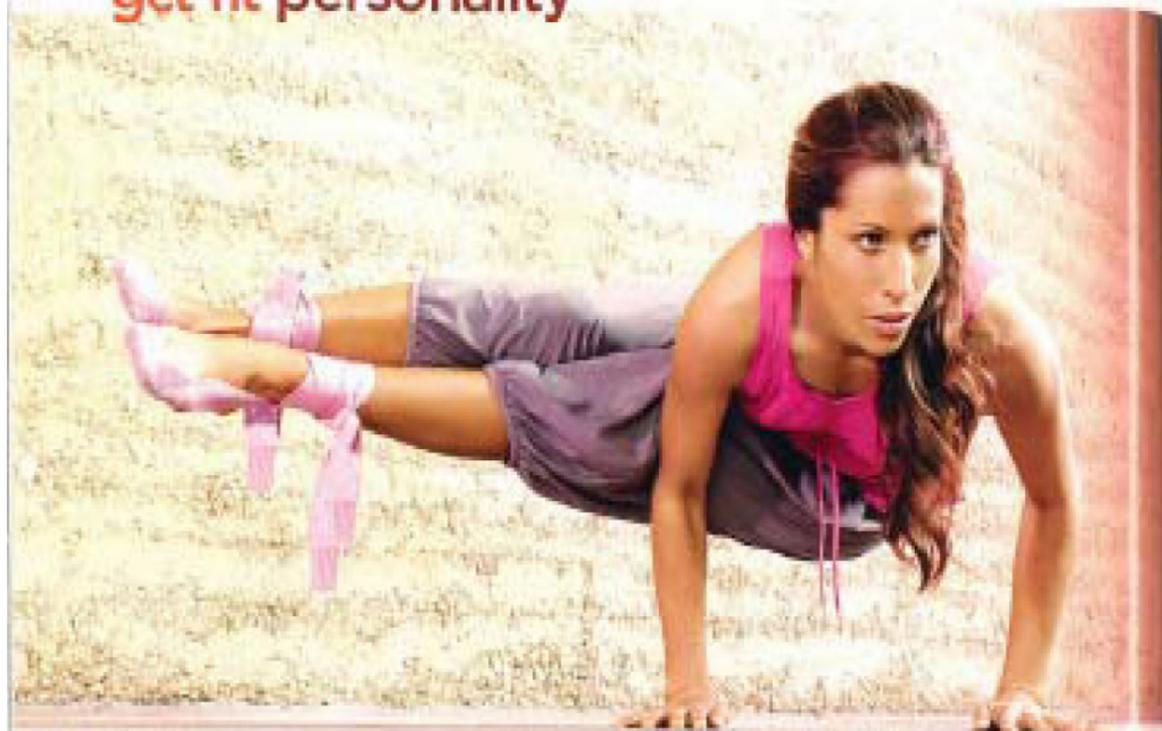
So, how often do we need to practice yoga in order to notice an improvement in our technique and the all-important health benefits? "I practice yoga every day, even if it's only for 45 minutes. If I'm travelling, I have to practice a mellow version, such as meditating. But for a complete beginner, I'd recommend once a week for one and a half hours. If you really want to see an improvement, increase it to three times a week." ☺

Yoga in the UAE

Here's our pick of the top yoga classes to attend in the UAE.

- Club Stretch, Portico Building, Mina Road, Sharjah, T: 06 345 2117
- Zen Yoga, Emirates Hills, Jumeirah Shopping Mall, D: 04 422 4442
- Abu Dhabi Health and Fitness Club, T: 02 442 6537
- Bliss Yoga Centre, 11 and 13, Wafod Road, Abu Dhabi, T: 04 361 5677





rainbeau mars

"Be like the butterfly, who even as a caterpillar focuses only on becoming a butterfly".

BY SHALAJA MENON

With phrases like these, Rainbeau Mars, yoga instructor, author, model, actress and 2008 International Brand Ambassador of adidas, set the tone and inspired participants of the adidas Fitness Academy yoga workshop that she conducted over two days in Shanghai, China in March 2008. Rainbeau is very passionate about yoga and believes it is the greatest gift that she has received. To her, "good yoga is about the observation of self and the simple intention that you will be more of who you really are when you practice it". As a philosophy, Rainbeau believes, "Yoga stands for union, and for me that translates into union with who I really am, my inner self. It started a huge process of acceptance for me as an individual. It has also helped me embrace every aspect, every dimension of my life as a

human experience, not as good or bad but as part of the experience of growing and evolving into who I really am".

For Rainbeau, yoga is something she believes, that she began in her mother's womb. She says, her mother, Brigitte Mars, a herbalist and wellness author was a regular practitioner of yoga and she continued her practice throughout her pregnancy. Rainbeau says she has been doing yoga her whole life. "I initially practiced the Ashtanga Vinyasa style regularly with my teachers who learn the style directly from the renowned guru and creator of the style Paramahansa Jio himself, based in Mysore, India. I have practiced with him as well".

Rainbeau shot to fame with her multiple best-selling DVDs including "Yoga for Beauty", the "Sacred Yoga Vinyasa Flow Series", "Pure Power"

and "Zen Mama". These DVDs have gained her celebrity clients like Owen Wilson, David Duchovny, Peter Berg, Ashley Olsen, Brooke Shields and Keri (Red Hot Chili Peppers). Rainbeau is also the face of the adidas yoga collection, Spring 2008. In line with its global campaign "Play Yoga", adidas takes yoga beyond its spiritual roots and promotes it as a sport that helps all athletes of all levels to get better at whatever they do by increasing focus, balance, coordination, stamina and flexibility. To this end, Rainbeau had the opportunity to work with internationally known athletes like Laila Ali, Scott Graf, as well as 100-meter freestyle world record holder Britta Steffen and Tae-Kwon-Do starlet Irislin Solano and take them on a journey with yoga.

She was 17 and living in Hollywood when she first began



regular classes. At that point, she says, her life had a lot of fear and sadness. Initially the classes were just for the great workout that she derived from it, but with the passing of time, she began to become aware of, "the powerful emotional benefits of the practice. That it can help to release toxic attitudes, negative interpretations of ourselves, and allows for the process of going inward and healing ourselves". It then became the practice of a lifetime.

So passionate was Rainbeau that she took to make her own style of yoga "Ra-yoga", a unique hybrid that combines dynamic yoga movements, martial arts and core conditioning. It is a distinct combination of breath-control yoga flow with dynamic lunges and twists, integrating core strength with the fine balance muscles in the joints, all the while maintaining flexibility. "Ra" she explains, stands for the sun and "Yoga" stands for union. So the central thread that runs through her style of practice is the concept of union with the sun, and the sun or

the element of fire in yoga is associated with the area of the *manipura chakra* or the solar plexus.

Thus in the vinyasa style that she teaches—which we were taken through for a short session—with every inhalation students are encouraged to visualize

drawing energy from the sun located in the solar plexus and with every exhalation, to visualize it receding back to its core, using the elements of the sun to illuminate and heal the

raise the bar, all the while connecting them to their core.

"Life is not static so your yoga practice should not be static either. The idea is to be able to find your center in the midst of an ever-changing world. The state of your practice reflects the state of your life. Thus your practice is a place for you to come back to and fine-tune your life the way you envisage it to be. If you want more compassion in your life, seek to be more compassionate to yourself in your practice. If you want to be stronger, focus on getting a stronger practice. Bring what you want into your practice and you will see it reflected in your life".

Exuding positive energy and radiance, Rainbeau encourages everybody "to believe in the magic in your life. Keep affirming the good that is happening in your life then more of it will happen as whatever you focus on expands". Her constant refrain is to, "Listen first, let go of what you don't need and increase your awareness, your body-mind connection".

When asked on how manages to balance the various roles she plays in addition to being a mother, she says, whatever it is that she is doing, she tries to be in the present and focus fully on the moment. "The practice helps you to draw back to your center and connects you to your core, your truth. Then you realize that all you have is the present moment".

“ Good yoga is about the observation of self and the simple intention that you will be more of who you really are when you practice it. ”

body. Beginners can expect to find a body-mind connection and the ability to move their bodies without injuring themselves because of the focus on alignment. Advanced practitioners can look forward to more explosive dynamic movements. The aim is to challenge them and



Rainbeau Mars
EMBAJADORA GLOBAL DE ADIDAS

¿Por qué es bueno practicar yoga?

Alinea los huesos, fortalece los músculos y da movilidad y agilidad al tiempo que armoniza la conexión mente-cuerpo. Genera tranquilidad e influye positivamente en todas nuestras relaciones.

¿Cuándo y cómo decidiste convertirte en maestra de esta disciplina?

No lo decidí, el yoga me eligió a mí. Fui la única persona en mi primer entrenamiento de profesores que no levantó la mano cuando nos preguntaron si queríamos enseñar. Tras descubrir que tantas personas estaban contentas por el trabajo que había hecho con ellos como entrenadora, supe que debía continuar, e incluso, hacerlo mi profesión. Vengo de una familia de sanadores y siempre tuve contacto con el yoga. Cuando me mudé a Hollywood y me sentí abrumada por el caos, descubrí que era necesario practicarlo. Llegaba a casa, lo hacía y cuando la gente me pidió que les enseñara no pude negarme.

¿Qué tipo de yoga enseñas?

He creado mi propio sistema. Se llama Ra-yoga: integración a través del Sol, también conocido como Yoga Adidas. Es una combinación de yoga terapéutico, movimientos de artes marciales y acondicionamiento espiritual. Me ayuda a moverme con fuerza y energía, al mismo tiempo que me relaja y flexibiliza. Básicamente, durante años de practicar de todo, tomé lo mejor de cada arte al que estuve expuesta y lo combiné creando mi híbrido.

Consejos para quienes empiezan a practicarlo

- Concéntrate en tu lugar, respira, explora tu cuerpo, así te darás cuenta de lo que hay ahí.
- Deja ir lo que no necesites a través de liberarte, alejarte mentalmente, dirigierte hacia una intención.
- Activa lo que necesites por medio de la visualización, el esfuerzo y déjate llevar.

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Damernas
VÄRLD

Välj rätt
JEAN
vår!

VARSA GOD!
DITT
TRÄNINGSKORT

TRÄNING
KLÄDER
KAMPSI
MATEN

Om jag någon gång ser en leende joggare ska jag överväga saken.
JOAN RIVERS

WORLD CLASS ÖPPNAR STÖRSTA GYMNET
I april öppnar World Class sin splittrnya anläggning i Mölnviks Centrum på Värmdö. Träningslokalerna blir World Class största i Sverige: hela 1 700 kvm med tre salar för gruppträning.

Intensivt när blir svettigt
Intensiv motion gör av med 1-1,5 liter per timme, elitidrottare kan svettas så mycket som 3 liter vatten! Här är de bästa råden för dig som tränar:
• **Drick ofta!** Minst 1 dl i kvarten. Vänta inte med att gå till efter träningen.
• **Vanligt vatten räcker oftast.** Du behöver inte dricka sportdryck om du kör ett vanligt motionspass på upp till 45 minuter. Tränar du längre pass drick sportdryck bra för att kompensera salt- och vattenförlusterna. Men förväxla inte sportdrycken med energidryck som mest ger koffein och socker.
• **Gör din egen sportdryck!** Blanda ut 0,5 dl citronsaft i 500 ml vatten, 100 g socker och ett kryddmått koksalt i en liter vatten. Smaksätt med en till två matskedar koncentrerad juice eller saft.
• **Fyll på med vatten efter träningen.** Efter-svettningen kan pågå i ett par timmar. Drick ett glas vatten i halvtimmen under den tiden.
KÄLLA: WWW.UPLADDNINGEN.NU

RENA LINJER I VÅRENS TRÄNINGSMODE
Rena linjer och starka, klara färger dominerar i vårens träningskollektioner. I paletten syns svart, turkos, chockrosa och lindblomsgrönt. Trendigt är också träningsplagg med en avslappnad, mjuk elegans som funkis både i gymmet och som sköna hemmakläder. Adidas satsar på en yogakollektion, techfit yoga (på bilden), med plagg, skor och accessoarer som har inspirerats av tuff power yoga men passar lika bra för andra träningsformer som dans, nia eller pilates.



- TALLA ALDRA

Yoga no parque

A adidas organizou, no dia 27/04, o Play Yoga na Bienal do Ibirapuera, em São Paulo. O evento contou com 1.500 pessoas entre praticantes e iniciantes. A aula principal foi dada pela professora norte-americana Rainbeau Mars, que em sua primeira viagem ao Brasil conduziu alunos de todos os níveis. O dia ainda contou com aulas de variados tipos de Yoga, como Ashtanga, Yoga Gravitacional, Iyengar Yoga, Kundalini além de palestras com professoras de diversos países da América Latina e sessões de massagem.





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