

Lee Liberman, Julie Rappaport and their daughter, Tasha, have published their first book, titled Relational Shifts: A Family Doesn't Have to End Just Because a Marriage Does. Joy Langer, vice president of Smokin' Yogi Visions, was editor-in-chief.

The book is now available on Amazon.com, Target.com, and Bordersbooks.com, as well as their own site: www.smokinyogi.com.

The family will sign copies of the book during the Healthy Life Expo 3 to 9 p.m. Wednesday, May 2 at the Metropolitan Club, 394 and Xenia, St. Louis Park. They will participate in a

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book reading from 7 to 7:45 p.m.

They will also host a screening and reception for their Yoga documentary, *Introduction to Yoga for Non-Yoginis* 11 a.m. to 1 p.m. Sunday, May 6 at Knollwood Place Apartments, 3630 Phillips Pkwy., St. Louis Park. Part of the documentary was shot with members of the Knollwood community participating in Yoga for Seniors. Refreshments will be served and all are welcome to attend.

The family will be featured on the radio talk show "Family Affairs" 11 a.m. to 12 p.m. Sunday, May 13 on FM107.

The Web site: www.smokinyogi.com includes a free download of the yoga documentary as well a way to order *Relational Shifts*.

The Web site also features the trailers and pilot for the Internet episodic

series, "Abnormally Normal," a dramedy about divorce. The drama, encapsulated in a family's journey through divorce, is actually an encouraging and supportive avenue to create healing through storytelling.

The site also includes a paper Rappaport wrote for her undergraduate major project that describes breathing techniques that anyone can incorporate into their daily routine.

Rappaport will graduate from the University of Minnesota on May 5 with a personalized degree in complementary and alternative medicine.