

## And relax...

Konami Digital Entertainment GmbH reveals world's first 'Fitness Tutorial' title for Nintendo DS: **Let's Yoga!**

Konami Digital Entertainment GmbH has unveiled a new genre for Nintendo DS, with the advent of **Let's Yoga™**, an instructional Yoga title for the Nintendo handheld.

Yoga is seen as a vital part of health regimes, and is seen as a key part of a balanced fitness programme, used to work specific muscles and promote relaxation via a series of gentle exercises. Developed as a tutorial to the basics of Yoga, **Let's Yoga** is a fully-featured fitness assistant that details the poses and breathing methods of the real thing within a fully interactive environment.

Via a simple menu system, a virtual Yogic Master will guide the user through five classes, while also teaching about the origins and history of Yoga. Within its classes, the user will be able to study the Asanas (poses) from any angle by rotating the screen using the Nintendo DS touch screen and stylus, and also showcases the breathing rhythms that should be maintained within each.

**Let's Yoga** features over 80 Yoga poses, and also offers programs designed to ease specific problems, such as neck or shoulder stiffness. The classes can also be chosen to suit your plans, with a number of poses designed to be performed while seated, allowing **Let's Yoga** to be used during the working day.

### About KONAMI CORPORATION

KONAMI CORPORATION was established in 1973, and became a holding company on March 31, 2006. KONAMI CORPORATION covers the fields of "Digital Entertainment Business", "Health & Fitness Business" and "Gaming & System Business". KONAMI CORPORATION went public on Tokyo Stock Exchange in 1988, the Singapore Stock Exchange in 1997, the London Stock Exchange in 1999, and the New York Stock Exchange in 2002. Home Page URL: [www.konami.co.jp](http://www.konami.co.jp). Konami Digital Entertainment GmbH is a wholly-owned subsidiary, responsible for popular franchises like Metal Gear Solid®, Silent Hill® and Pro Evolution Soccer™ amongst other top sellers. For more information concerning Konami Digital Entertainment GmbH and its products, please visit [www.konami-europe.com/games](http://www.konami-europe.com/games).

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**Let's Yoga will be released for Nintendo DS in November 2007 and shown for the first time at the 2007 Games Convention in Leipzig between 22<sup>nd</sup>-26<sup>th</sup> August. For more information...**