

## Press Release

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**For immediate release:** June 17, 2010

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### **Kansas City Yoga Studios Unite to offer Free Yoga Classes, Workshops and Corporate Wellness**

Kansas City residents and businesses can attend free yoga classes, workshops and more during Yoga Month, September 2010. Yoga Month is a national awareness campaign to educate the nation about the health benefits of yoga and to inspire both youths and adults to take responsibility for their wellbeing by focusing on prevention and healthy lifestyle choices. In 2008, the Department of Health and Human Services designated September as National Yoga Month, one of a select number of national health observances.

Nationally, an estimated 15+ million will hear about Yoga Month and millions of new students will attend free yoga classes at 2,000+ yoga studios, parks and homes.

The Kansas City Yoga Month campaign will provide free classes across the metro area at 11 participating yoga studios and public spaces. The activities are open to all ages and fitness levels. People interested in attending can download free class passes for the events at [www.kansas-city-yoga.com](http://www.kansas-city-yoga.com).

“My vision as the local coordinator for Yoga Month in Kansas City is to show everyone the variety of yoga that Kansas City has to offer. From meditative to gentle to therapeutic, there is a type of yoga for everyone. You have to find what works for you,” says local coordinator Darryl Olive. The theme for the third annual Yoga Month campaign is centered around the question “What is yoga?” “We are using this theme to address common misconceptions and objections to yoga such as yoga is a religion, yoga requires pretzel flexibility and yoga is for women,” says Darryl Olive.

Businesses can also request free yoga classes or lunch and learns about the benefits of yoga and physical activity during the month.

Amidst rising healthcare costs, obesity rates, unemployment, and levels of stress, Yoga Month activities will educate and motivate people by giving them the tools to live healthier lifestyles.

The activities will include:

- Free Yoga Classes – sampling different yoga styles (a full week of free classes September 13-19, 2010)
- Free Yoga Workshops – lectures & movies with local yoga experts
- Free Open House – food, prizes and more
- Free Corporate Wellness – free onsite yoga classes and lunch and learns
- By donation yoga teacher training – comprehensive and nationally recognized

The month’s events will also serve as a fundraiser for several local and national non-profits. To see the schedule of events and further details, visit [www.kansas-city-yoga.com](http://www.kansas-city-yoga.com). The Kansas City Yoga Month Web site has a full schedule of events, as well as a toolkit for beginning practitioners.

### **About National Yoga Month**

In 2008, the Department of Health and Human Services designated September as National Yoga Month, one of a select number of national health observances. That same year, thousands of yoga and health enthusiasts participated in a 10 City Yoga Health Festival Tour featuring yoga classes, lectures, music, entertainment, exhibits. Since then, the initiative has taken root as a global awareness campaign. Yoga Month is coordinated by the Yoga Health Foundation, a 501(c)3 nonprofit organization. [www.yogamonth.org](http://www.yogamonth.org)

## **Participating Yoga Centers**

### **About 3HO Kundalini Yoga Center**

The 3HO Kundalini Yoga Center is Kansas City's only Kundalini yoga teaching facility. It provides daily beginner and intermediate Kundalini classes as well as Level 1 and advanced yoga teacher training courses.

[www.kckundalini.com](http://www.kckundalini.com)

### **About Everyday Yoga & Wellness Center**

Everyday Yoga & Wellness Center offers a peaceful environment that is geared towards inner and outer healing. We want you to make the connection between mind and body, spirit and emotions. Our practices are based on interactive wellness. You will experience holistic healing modalities, while learning methods to support your overall health. In this manner, people can take an active part in their own wellness journey. [www.myeverydayyoga.com](http://www.myeverydayyoga.com)

### **About KCFitnessLink**

KCFitnessLink is Kansas City's leading mind-body fitness studio and school, providing consumer and corporate holistic health programs and nationally recognized educational training for fitness professionals.

[www.kcfitnesslink.com](http://www.kcfitnesslink.com)

### **About Maya Yoga**

Opened in 2002, Maya yoga specializes in offering Ashtanga yoga, a strong type of physical yoga. Maya offers numerous classes that are slightly heated in a meditative and warm space. [www.mayayoga.com](http://www.mayayoga.com)

### **About New Day Yoga**

Our Studio is an inviting space for adults and children located in South Overland Park, KS. We are the preferred place to give Yoga a try. Our clean, warm and inviting studio features two yoga rooms with bamboo hard wood floors, massage therapy, organic pedicure spa, hypnotherapy and energy work, child care, yoga shop, soft lighting, and inspiring musical accompaniment to many of the classes. [www.newdayyogastudio.com](http://www.newdayyogastudio.com)

### **About Northland Yoga**

Northland Yoga provides the best of yoga in Kansas City's northland. The talented instructors offer Hatha and Vinyasa style, beginner-friendly yoga classes with live music and free childcare. [www.northlandyoga.com](http://www.northlandyoga.com)

### **About Yoga Gallery**

Yoga Gallery, located in historic downtown Overland Park, offers over 30 classes weekly in a beautiful, peaceful studio space. [www.yogallery.com](http://www.yogallery.com)

### **About Yoga Patch**

Yoga Patch offers specific yoga classes for adults, families and kids including chair yoga. Our Mission is to maintain a peaceful and healthy community through the enjoyment of yoga. [www.yogapatch.com](http://www.yogapatch.com)

### **About YogaXoga LLC**

YogaXoga offers Demystified Yoga™ and Christian Yoga classes in Kansas City through community, corporate and private classes. YogaXoga also offers instructional yoga DVDs to complement a home practice. YogaXoga's Demystified Yoga™ focuses on the physical and stress-relieving aspects of yoga. In every YogaXoga class, teachers provide many modification options to help students find what best fits them. [www.yogaxoga.com](http://www.yogaxoga.com)

### **About The Zen Zone**

The Zen Zone is one of the few yoga studios in the Midwest that offer not only multiple styles of adult yoga, but classes for children and families as well! Yoga is a terrific gift you can give to yourself and your family.

[www.zenzoneyoga.com](http://www.zenzoneyoga.com)