

Press Release



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Free Yoga Classes, Workshops and Corporate Wellness - Yoga Month, September 2008

Kansas City residents and businesses can attend free yoga classes, workshops and more during Yoga Month, September 2008. Yoga Month is a grassroots, community-based global campaign to educate people about the health benefits of yoga and to inspire a healthy lifestyle. An estimated 20+ 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 Yoga Month local campaign will provide free classes across the metro area at participating yoga studios and public spaces. The activities are open to all ages and fitness levels. People interested in attending can register online and download free class passes for the event at www.kcfitnesslink.com/yogamonth.

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 and chronic health conditions, Yoga Month activities will educate and motivate people by giving them the tools to live healthier lifestyles.

The free activities will include:

- Free Education – lectures & movies with local yoga experts
- Free Yoga Classes – sampling different yoga styles
- Free Open House – food, prizes and more
- Free Workshops – featuring Kansas City's top teachers
- Free Corporate Wellness – onsite yoga classes and lunch and learns

The month's events will also serve as a fundraiser for Associated Youth Services (AYS), which provides community outreach, health and yoga programs to youth. Participants can optionally make donations at the free events to support our community outreach programs in local schools and community centers.

To see the schedule of events, visit www.kcfitnesslink.com/yogamonth

About Yoga Month

Yoga Health Foundation, a nonprofit located in Los Angeles, CA, is proud to announce the first health initiative of its kind, Yoga Month 09.2008. Yoga Month 09.2008 is a national awareness campaign to inspire a healthy and productive lifestyle. www.yogamonth.org

About Associated Youth Services

Associated Youth Services (AYS), located in Kansas City, Kansas, provides crucial intervention and programs to underprivileged youth in crisis situations. For over 35 years, AYS has served as a community anchor for youth services in Wyandotte County and the State of Kansas. www.aysyouth.org

Participating Yoga Centers

About ARC Yoga

ARC Yoga provides the best of yoga in Kansas City's northland. The talented instructors offer Hatha and Vinyasa style yoga classes that are mixed-level and beginner friendly. www.arcyoga.com

About Body and Soul

Located in Brookside Body and Soul offers classes in all levels of yoga, prenatal yoga, Pilates, Awareness Through Movement and Zumba. For the past 30 years, we have been teaching people to move better. www.bodyandsoulkc.com

About Jiva Studio:

Jiva Studio is a studio that offers classes for all levels, while specializing in beginner and athletic needs. Attention is given to teaching the philosophy of yoga. Modifications are offered in every class. Each student is encouraged to make the practice their own. www.jivastudio.net

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

About Kundalini Yoga, JC Enterprises

Alan Lippincott, owner and teacher, provides Kundalini yoga instruction in private, group and public classes.

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

About Radiant Health

Radiant Health offers many natural healing modalities that can powerfully impact health at all levels - physical, emotional, mental and spiritual. It offers healing services including yoga therapy, Thai Yoga massage, Reiki and more. www.radianthealthkc.com

About Saint Luke's Center for Health Enhancement

A medically based fitness center owned and operated by Saint Luke's Hospital. We are a full service fitness center with a pool, two indoor tracks, a wide variety of fitness equipment and group fitness classes from Zumba to Boot Camp. We also offer mind body classes including yoga, Pilates and soon to offer Tai Chi! www.saintlukeshealthsystem.org