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KCFitnessLink to offer free classes and workshops to celebrate Yoga Day USA

Saturday, January 24, 2009

9:00-5:00 p.m.

(Kansas City, Missouri) – To help spread the health and wellness benefits of yoga, KCFitnessLink is hosting free classes and workshops as part of Yoga Day USA, the national celebration of yoga. Hundreds of Yoga Alliance Registered Yoga Teachers (RYT) and schools (RYS) throughout the United States will host free or low-cost workshops on Yoga Day USA. Thousands of Americans across the country from the young and old, flexible and not-so-flexible, to athletes and couch potatoes, and those of every heritage will be able to find a workshop perfect for them. In the practice of *karma* yoga or service to others, this day is also a fund raiser for community health outreach programs.

Free Class Schedule: All classes are located at KCFitnessLink. Participants can register online at www.kcfitnesslink.com.

- **Free Power Yoga Class, 9:00-10:00 a.m.** A multi-level class that links breath and movement in a flowing style. It helps build strength and flexibility for beginners and advanced students.
- **Free Yoga Trance Dance Class 11:00-12:30 p.m.** Explore meditative movement from dance, yoga, martial arts and more. You'll learn to let go and live life in the present moment.
- **Free Yoga Basics Workshop 1:30-3:00 p.m.** This workshop will explore the fundamentals of breathing, posture, types of yoga and the benefits of practice. No experience is required.
- **Free Yoga and Holistic Health Career Fair 3:30-5:00 p.m.** Learn how you can transform your career and share your passion of health with others. We'll provide an overview of our nationally recognized career training programs in yoga, Asian body therapy, nutrition and holistic health.

KCFitnessLink offers ongoing yoga programs for consumers, employers, health and fitness professionals and community-based programs.

- **Consumers:** KCFitnesslink offers yoga, meditation and yoga therapy programs through ongoing classes and private instruction. We are Kansas City's leading and most innovative yoga center offering unique lifestyle-based programs such as yoga with live harp music, partner yoga, yoga for men, relaxing yoga therapy, yoga trance dance and Thai Yoga Massage Therapy.
- **Employers:** KCFitnessLink's Yoga Corp, corporate yoga and meditation programs, are designed to help employers offer wellness solutions in the workplace to combat loss of productivity, stress and physical inactivity. According to the Mental Health America, the country's leading nonprofit dedicated to helping all people live mentally healthier lives, the outcomes of stress and depression (such as absenteeism, employee turnover, and lower productivity) account for \$150 billion in lost revenue for American companies annually. The program allows employers of all sizes and financial means to have a substantial impact on employees' health status with minimal investment.
- **Health Professionals:** KCFitnessLink's offers the most comprehensive yoga and holistic health certification in the area. KCFitnessLink is a Registered Yoga School with the Yoga Alliance and Charter School with the International Association of Yoga Therapists (IAYT) offering training programs from 200-2000 hours. KCFitnessLink is known for its innovation, practical approach, small class sizes, residential and distance learning options and top faculty in these subject areas.
- **Community Programs:** KCFitnessLink provides community based yoga and therapy programs for disadvantaged youth, elderly and those with chronic conditions at hospitals, community centers, schools and nursing homes. We are pioneering initiatives in the metro area to take yoga therapy to communities where it is needed.

According to a 2008 *Yoga Journal* study, 15.8 million Americans practice yoga and 14 million say that a doctor or therapist has recommended yoga to improve their health. Yoga as medical therapy is garnering more attention in the medical community as demonstrated by National Institute of Health's (NIH) first ever Yoga Week which explored the science and practice of yoga. The benefits of yoga are numerous including stress management, improvement in heart health, reduction of cholesterol, and improved circulation. Practicing yoga can help with illnesses ranging from asthma to cancer. Yoga is also known for slowing the signs of aging, decreasing wrinkles, firming skin and reducing oxidative stress.

About Yoga Alliance

Yoga Day USA was created by Yoga Alliance. Yoga Alliance is the international gold standard for professional yoga teachers & schools throughout the world. Representing over 20,000 yoga teachers and yoga schools Yoga Alliance is the leader in setting standards that protect the health and welfare of society. Teachers and schools registered with Yoga Alliance are recognized for demonstrating a level of “expertise” that includes meeting essential standards of training and experience, dedication to expanding their knowledge of yoga, and commitment to maintaining high standards of professional conduct. Recognized by the designation RYT, E-RYT and RYS, Yoga Alliance Registered Yoga Teachers (RYT) and Registered Yoga Schools (RYS) can be found at www.yogaalliance.org. For more information on Yoga Alliance, please go to www.yogaalliance.org.

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. KCFitnessLink offers the most comprehensive yoga teacher training and holistic health certification programs in the Midwest and provides community-based fitness and yoga therapy programs to the KC metro area. www.kcfitnesslink.com