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**FOR IMMEDIATE RELEASE**

**CONTACT:** Therese Abair, Living Fit Today/West Palm Beach Yoga Day Co-Founder  
(561) 281-5895; [Therese@LivingFitToday.com](mailto:Therese@LivingFitToday.com)

## Teachers Selected for West Palm Beach Yoga Day 2011

*A free community event to promote awareness of Yoga and its benefits*

(WEST PALM BEACH, FL) - Saturday, January 22, 2011, for the 5th consecutive year, the Meyer Amphitheatre in downtown West Palm Beach is being transformed into Florida's largest, all day, outdoor free Yoga experience. All are welcome at no charge!!!

Fourteen of the most talented yoga teachers from south Florida will again take to the stage to instruct a full range of yoga classes from Yoga Foundations, Yoga for Kids to Yoga for the Core. All presenting teachers are certified and Registered Yoga Teachers (RYT) with the national Yoga Alliance. Also, each teacher has completed a minimum of 200 hours of training and has met national training standards.

As part of the national Yoga Day Celebration, participants will enjoy a variety of Yoga classes that offer stress relief, improved concentration, improved physicality, balance and flexibility.

This event is free to participants and is perfect for all body shapes and sizes. Whether a novice or experienced yogi, the entire community is invited to join Jerry Jefferson, Jamar Caudy, Amy Cohen, Leigh Fountain, Keith Fox, Eric Holmgren, Edwin Joiner, Emily Large, Mark Maldonado, Todd & Tamara McLaughlin, Erika Metz, and Monica Schmidt for a day of yoga, fun, health, and wellness.

Teacher's bios and class times can be found at [YogaDay.LivingFitToday.com](http://YogaDay.LivingFitToday.com)

Over 1,500 participants are expected, so mark your calendars and join us to start 2011 off on the right foot. Yoga offers something for everyone!

Media sponsors for 5th West Palm Beach Yoga Day are [97.9 fm WRMF](http://97.9fmWRMF.com) and [Natural Awakenings Magazine](http://NaturalAwakeningsMagazine.com) - Palm Beach.

For more information about this event call 561-281-5895 or visit: [YogaDay.LivingFitToday.com](http://YogaDay.LivingFitToday.com).

*[Living Fit Today \(LFT\)](http://LivingFitToday.com) is a mobile fitness company, specializing in Yoga and Pilates, offering free events for the community throughout the year. National Yoga Day is a national event sponsored by the [Yoga Alliance \(YA\)](http://YogaAlliance.org), a non-profit organization, to promote awareness of Yoga and its benefits to individuals. YA is the leader in setting educational standards for Yoga teachers and schools.*

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