



FOR IMMEDIATE RELEASE (December 12, 2011)

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

Schedule set for West Palm Beach Yoga Day 2012

Choose one or more of the 14 free yoga classes at the Meyer

(WEST PALM BEACH, FL) – The class descriptions and times for the 6th West Palm Beach Yoga Day have been finalized. On Saturday, January 21, 2012, from 8:30a-5:30p, the Meyer Amphitheatre in downtown West Palm Beach is being transformed into Florida's largest, all day, free outdoor Yoga experience. Perfect for those new to yoga!

Our teacher team for 2012, representing various studios, put together 14 amazing classes for you to choose from. Sample choices include a purely physical practice, movement series, alignment, foundations, balance, partner up, mindfulness, to playfulness....and yes, there will be kids' yoga.

Kick start the new year with finding something new and different! Participants will enjoy the choice of classes that offer stress relief, improved physicality, balance and/or flexibility. "We invite yogis, those new to exercise, runners, tennis players, golfers, and those want stress relief." says Jerry Jefferson, co-founder West Palm Beach Yoga Day. "Experience for yourself how yoga can enhance your life!"

This event takes place on two settings. You'll have a choice of enjoying your yoga on the main area or on our popular, intimate east berm overlooking the beautiful intercoastal along the West Palm Beach Waterfront. Bring a mat or buy one there! There is a lot to do at Yoga Day - Take one or more classes, get a henna tattoo or face painting shop the marketplace for things related to yoga and a healthy life and speak directly to the teachers on site and find the right style that fits you and your lifestyle.

To view the days schedule and teachers, visit: YogaDay.LivingFitToday.com.

Mark your calendars and join us at West Palm Beach Yoga Day! It's free, its fun, make a day of it!

Sponsors for the 6th West Palm Beach Yoga Day are [Arrigo FIAT West Palm and Sawgrass](#), [97.9 fm WRMF](#) and [Natural Awakenings Magazine](#) - Palm Beach.

For more information about this event call 561-281-5895 or visit: YogaDay.LivingFitToday.com. Sponsor and vendor opportunities are still available.

Founded and organized by Living Fit Today whose mission of West Palm Beach Yoga Day is to 1) raise awareness of Yoga and its benefits to individuals; 2) provide those new to Yoga a non-threatening environment to try Yoga; and 3) remain free for the community.

##