

---

**FOR IMMEDIATE RELEASE**

CONTACT: Therese Abair, West Palm Beach Yoga Day Event Organizer  
(561) 281-5895; [Therese@LivingFitToday.com](mailto:Therese@LivingFitToday.com)

## **Yoga Teachers Selected for West Palm Beach Yoga Day**

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

(West Palm Beach, FL) - On Saturday, January 23, 2010, the Meyer Amphitheatre will be transformed into Florida's largest, all day, outdoor Yoga experience for the 4th straight year.

As part of the national Yoga Day Celebration, participants will enjoy a variety of Yoga classes that will offer them stress relief, improved concentration, physicality and flexibility. This event is being offered for free to participants and perfect for beginners- all shapes and sizes welcome!

The line up of teachers for the day include: Jerry Jefferson, Jamar Caudy, Amy J. Cohen, Carlee Cohen, Ann & Alli Dadow, Sandhya DeBay, Leigh Fountain, Emily Large, Todd & Tamara McLaughlin, Andrea Pepper and Monica Schmidt. All presenting teachers at Yoga Day are certified and Registered Yoga Teachers (RYT) with the national Yoga Alliance. A RYT has met national training standards with a minimum of 200 hours of training. Teacher's bios and class times can be found at [YogaDay.LivingFitToday.com](http://YogaDay.LivingFitToday.com)

"We are pleased to bring such a talented group of teachers together to share our expertise with the community" said Jerry Jefferson, Living Fit Today co-founder and West Palm Beach Yoga Day Organizer. "It's an opportunity for participants to try various teachers, different styles of yoga and enjoy the outdoors."

Over 1,000 participants are expected, so mark your calendars and join us to start 2010 off on the right foot. Yoga offers something for everyone!

The event sponsors for 4th West Palm Beach Yoga Day are [PranaSleep](#) / [City Mattress](#) and [Natural Awakenings Magazine](#) - Palm Beach.

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

*[Living Fit Today \(LFT\)](#) 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 \(YA\)](#), 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.*

##