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Tie one on for your health

Florida's largest free outdoor yoga event returns to West Palm Beach

(West Palm Beach, FL) - [Living Fit Today](#), along with other certified Yoga teachers, will teach free Yoga classes as part of 4th Annual West Palm Beach Yoga Day USA. This free community event, open to all skill levels, will be held Saturday, January 23rd, 2010 from 8:00 a.m. to 5:00 p.m. at the Meyer Amphitheatre in downtown West Palm Beach. Over 1,000 expected to attend.

Look for classes like yoga basics, yoga for stiff people, power yoga, kids yoga, yoga flow, plus much more! New this year is the addition of concurrent sessions for part of the day. Maybe you'd like to take a basic class, but your friend wants a more challenging one—you will have an option.

The popular Yoga marketplace returns with vendors and yoga studios to provide attendees the opportunity to purchase Yoga products, clothing, jewelry and talk with the experts more about different styles of Yoga. There will also be fresh food, massages and healthy products.

“Yoga Day is the perfect opportunity for all levels.” says Jerry Jefferson, Living Fit Today and West Palm Beach Yoga Day organizer. “If you are a novice, you don't have to stand on your head or be flexible; you don't even have to touch your toes. If you're a veteran, you can try different styles and different instructors. Whether a novice or veteran.....**West Palm Beach Yoga Day** is just for you.”

The benefits of yoga are numerous. A few of the physical benefits of yoga are: it improves flexibility and muscle joint mobility; strengthens, tones, and builds muscles; corrects posture; and eases back pain. While a few of the mental benefits are: it increases body awareness; relieves chronic stress patterns in the body; and it refreshes the body by relieving muscle strain.

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

For more information about this event call 561-281-5895 or visit: 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 created 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.