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Teachers Selected for West Palm Beach Yoga Day 2012

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

(WEST PALM BEACH, FL) - Fourteen talented yoga teachers from a variety of yoga studios have been selected as part of the Teacher Team 2012 West Palm Beach Yoga Day. On Saturday, January 21, 2012, for the 6th consecutive year, the Meyer Amphitheatre in downtown West Palm Beach is being transformed into Florida's largest, all day, free outdoor Yoga experience. Perfect for beginners!

“If you have always wanted to try yoga, this is the place to be”, said Jerry Jefferson, West Palm Beach Yoga Day Co-founder. “You can try different styles, talk directly to the teachers on site and find the right style that fits you and your lifestyle.”

Taking place on multiple stages, teachers will instruct a full range of yoga classes such as Yoga Foundations, Flow, Alignment, Balance, Restorative, Ashtanga, kids yoga. Participants will enjoy the choice of classes that offer stress relief, improved physicality, balance and/or flexibility.

Whether a novice or experienced yogi, the entire community is invited to join Jerry Jefferson, Living Fit Today; Jamar Caudy, Jamar Enlightenment Center; Leigh Fountain, Life Force, LLC; Leslie Kecskes, Shanti Yoga; Angel Lucia, Bindu Yoga Studio; Eric Holmgren, ShadeTree Yoga and Wellness; Edwin Joiner, Simply Yoga of Delray Beach; Mark Maldonado, Intuitive Yoga/Sports YogaM2; Todd & Tamara McLaughlin, Native Yoga Center; Acharya PremShakti, PremYoga Center; Lisa Pumper, the yoga cOMmUNITY of south florida; Ashleigh Ruckert, Gyrotonic SatNam; Priyanka Shanbag and Meredith Webb, Kula Shala Yoga for a day of yoga, fun, health, and wellness.

“The teaching team has a wealth of experience. From national and international presenters to teacher of teachers, to studio owners to decades of yoga training.” says Therese Abair, Co-founder West Palm Beach Yoga Day. All presenting teachers are also 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. Teacher’s bios and can be found at YogaDay.LivingFitToday.com.

Kick start the new year with finding something new and different! Mark your calendars and join us at West Palm Beach Yoga Day! It’s free, its fun, make a day of it! All we ask is that you bring someone new!

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.

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.

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