



For Immediate Release  
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### **Be Well Virginia**

Do Yoga. Have Fun. Do Good. Change the World.

Be Well Virginia - A Summer Long Celebration of Mind, Body and Spirit  
June 20th - September 20th.

*Virginia Yoga Studios, Wellness Centers, Arts, and Environmental Action Organizations will be presenting free and discounted events through the summer while collecting food and funds for those in need.*

The premiere of Be Well Virginia, a summer long celebration, will kick-off with the 7th Annual Virginia Yoga Week, scheduled for June 8th-June 15th.

During Virginia Yoga Week, yoga studios throughout the region will be offering free, \$5.00, and special classes to support local charities, including [Carpenter's Shelter](#), [Cornerstones](#) (formerly Reston Interfaith), [Yoga Gives Back](#), and [Smashing Walnuts](#).

Virginia Yoga Week will launch with the Love Your Body Yoga Festival, which will be held at the Reston Town Center on Sunday, June 8th, 2014, 10:00 am to 3:00 pm. The Festival will feature a sampling of yoga classes from several traditions of yoga along with music by David Newman and a host of other family friendly events. Proceeds from this event will benefit Cornerstones.

"Individually we are living systems, together we are commUNITY," says Maryam Ovissi, founder of Love Your Body and Owner of BelovedYoga. "The Love Your Body Yoga Festival & Virginia Yoga Week have been created to allow the commUNITY access to yoga as a tool to nourish and care for the mind, body and

spirit. Join us to explore all kinds of free classes and activities for the entire family." More information can be found at [www.loveyourbodyyogafestival.com](http://www.loveyourbodyyogafestival.com).

The yoga love continues during Virginia Yoga Week with offerings in Baptiste Yoga, Ayurvedic Healing Traditions, Yoga Sage-a Therapeutic Approach to Yoga, Candlelight Flow, Free Yoga in the Fresh Air, and more. A complete schedule and list of participating studios can be found on the Virginia Yoga Week [website](http://www.VirginiaYogaWeek.org), [www.VirginiaYogaWeek.org](http://www.VirginiaYogaWeek.org) and [Facebook page](https://www.facebook.com/VirginiaYogaWeek) <https://www.facebook.com/VirginiaYogaWeek>.

"It's Virginia Yoga Week, and let's all namaste together," says Dawn Curtis, ERYT500 of East Meets West Yoga Center. "You're never too old -- or too young -- to start practicing yoga. Join us at participating Virginia yoga studios to begin your journey. Our doors are open to you, now it's your turn to open the door to yourself."

Be Well Virginia and Virginia Yoga Week are presented by Yogis For Positive Change, The Old Town North Community Partnership and the Virginia Yoga and Wellness Communities, and made possible by the generous support and hard work of local businesses, organizations, and volunteers. The Virginia Yoga Community will work to support other local charities throughout Be Well Virginia, including [King Street Cats](#) and [Homestretch](#).

The Yogis for Positive Change mission of changing the world one asana at a time is illustrated by all four of the 2014 featured charities:

[Carpenter's Shelter](#) and [Cornerstones](#) work to provide shelter and support to families in crisis.

[Smashing Walnuts](#)' mission is to fight pediatric cancer.

[Yoga Gives Back](#) provides micro financing to poor women in India to enable them to generate income so they can send their children to school.

"Be Well Virginia and Virginia Yoga Week provide the opportunity for people to sample a yoga class, watch a dance performance, and make some art while at the same time helping to improve the lives of those in need through a gift of food, funds or time." says Margaret Townsend, owner of River's Edge Yoga in Alexandria and founder of Virginia Yoga Week and Be Well Virginia.

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Editors note: Photos from past Virginia Yoga Week Events are available for publication. Contact Niki Van at Van Studios, Phone: 703.774.9703, Email:

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