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**Virginia Yoga Week Kicks Off June 14
with Free, \$5.00, and Karma Yoga Classes for EVERY Body**

*8th Annual Yoga Week brings yoga, wellness, and local business communities together
in support of greater access to yoga for all and giving back to those in need*

Alexandria, VA – June 3, 2015 – Whether new to yoga and curious, or completely at home on the mat, the upcoming [8th annual Virginia Yoga Week](#) will provide an opportunity for all to enjoy the benefits of yoga. Beginning with the [Love Your Body Day Yoga Festival](#) on Sunday June 14 in the Reston Town Center, Virginia Yoga Week offers a unique opportunity for people of all ages, fitness levels and mindsets to experience the benefits of yoga. Key to Virginia Yoga Week is the focus on giving back to the local and global community.

During Virginia Yoga Week, yoga studios throughout the region will offer free yoga for all, \$5.00, and Karma classes to benefit a variety of local, national, and global charities. These charities include [YoKid](#), an organization that fosters self-awareness and promotes health in kids and teens in the Greater DC area through yoga; [Carpenter's Shelter](#) a homeless shelter dedicated to helping the homeless in Northern Virginia which assists over 1000 people a year; in 2014, 58 children called the shelter home; the [Alzheimer's Association](#), the world's leading voluntary health organization in Alzheimer's care, support and research; and, [Yoga Gives Back](#), which works to mobilize the global yoga community to empower women in India to build sustainable livelihoods.

Virginia Yoga Week 2015 also introduces Be Well Virginia. Created in cooperation with the Virginia yoga community and Yogis for Positive Change, Be Well Virginia will begin this summer and extend throughout the year with the mission of fostering social justice and healthy living by supporting and strengthening communities on a local level throughout the Commonwealth. Be Well Virginia's summer long wellness campaign will support local farmers markets, offer free yoga in the fresh air, provide free yoga and meditation classes to caregiver support groups, and offer a healthy living tasting series with Relay Foods.

"Virginia Yoga Week and Be Well Virginia are dedicated to the thoughtful and ever-growing community of people who appreciate the gift of yoga for mind, body and spirit and to those who have yet to experience yoga," says Margaret Townsend, the founder of Virginia Yoga Week and the owner of River's

Edge Yoga in Alexandria, VA. "We are fortunate to have such a strong foundation of yoga in Virginia, and a compassionate community of yogis working together to assist those in need and lead by example." During Virginia Yoga Week 2015, the following studios will be offering free, \$5.00, and Karma classes:

bedrock YOGA
Beloved Yoga
Blue Nectar Yoga
Center Street Studios Pilates & Yoga
CorePower Yoga
East Meets West Yoga
Flow Yoga
Honest Soul Yoga
Little River Yoga
River's Edge Yoga
Spark Yoga
Unity Woods Yoga Center

The last day of this year's Virginia Yoga Week falls upon June 21, the Summer Solstice and the first International Day of Yoga. The Indian government and the Embassy of India are sponsoring events worldwide and reaching out to organizations like Virginia Yoga Week to celebrate the human heritage of yoga and build awareness of yoga's benefits. Mr. Sridharan Madhusdhanan, the Minister of Press, Information & Culture for the Embassy of India in Washington, DC cited comments from the Indian Prime Minister Narendra Modi when he addressed the United Nations on September 27, 2014:

"Yoga is an invaluable gift of India's ancient tradition. It embodies unity of mind and body; thought and action; restraint and fulfillment; harmony between man and nature; a holistic approach to health and well-being. It is not about exercise but to discover the sense of oneness with yourself, the world and nature."

In the VA/DC area, the International Day of Yoga and the Summer Solstice will be celebrated on the National Mall at the Sylvan Theater beginning at 8:30 am, with [Yoga for Harmony and Peace](#). A free Virginia Yoga Week event in support of International Day of Yoga, the Summer Solstice, and the Virginia yoga community will take place at Meadowlark Gardens in Vienna, VA starting at 11:00 am. To register, visit <http://summersolsticeyogavienna.eventbrite.com>

National and local sponsors for Virginia Yoga Week 2015 and Be Well Virginia include Athleta, Yogis for Positive Change, DC Area Yoga, and RelayFoods.com, a healthy online grocery providing local, organic and natural foods in the mid-Atlantic region.

For a complete list of Virginia Yoga Week 2015/ Be Well Virginia sponsors and events visit www.virginiayogaweek.org

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