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**Virginia Yoga Week Celebrates Yoga For Everyone
with Reduced Fee, Charity-driven Classes**

*Join local studios, Yogaville, and community sponsors
in support of greater access to yoga for all and giving back to those in need*

Alexandria, VA – May 19, 2016 – Grab a mat, take a deep breath, and do some yoga during the 9th Annual [Virginia Yoga Week](#), June 12-19, when studios throughout the Commonwealth will offer free, \$5.00, and Karma classes. This annual event is a unique opportunity for people of all ages, fitness levels, and mindsets to experience the benefits of yoga and give back to local and global charities. The Presenting Sponsor for this year's Virginia Yoga Week is [Yogaville](#), located in Buckingham, VA.

"Integral Yoga's mission is to share the joys of yoga, which holds the core value of living a service-oriented life, says Siva Moore, Executive Director of Satchidananda Ashram–Yogaville. As Integral Yoga celebrates its 50th anniversary this year, it's a special honor to support a movement whose mission is so similar to ours: to bring yoga to the Commonwealth of Virginia. We know that this event will be inspiration for everyone involved."

Virginia Yoga Week kicks off with the [Love Your Body Day Yoga Festival](#) on Sunday, June 12 in the Reston Town Center. Free yoga will be presented throughout the day - including a class taught by a Yogaville instructor - as well as dozens of vendors, and fun activities for the whole family. Visitors will have the opportunity to meet representatives from area yoga studios and learn about the charitable organizations that Virginia Yoga Week supports.

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 1,000 people a year; [Cornerstones](#), a nonprofit organization that promotes self-sufficiency by providing support and advocacy for those in need of food, shelter, affordable housing, quality childcare, and other human services; and, [Yoga Gives Back](#) which works to mobilize the global yoga community to empower women in India to build sustainable livelihoods.

The Free Yoga in the Fresh Air event on June 19 (2-6pm) in Old Town Alexandria's Montgomery Park will wrap up Virginia Yoga Week. The event will include:

- family yoga class
- dance
- music by Wynne Paris
- meditative music recital on Bansuri (the bamboo flute) by Deepak Ram
- yoga class taught by a Yogaville instructor
- a surprise gift to the first 100 attendees

Virginia Yoga Week also launches the [Be Well Virginia](#) campaign, which runs through the summer and the rest of 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 wellness campaign will support outdoor activities for all including shopping at local farmer's markets and 'free yoga in the fresh air' events throughout the state.

"I am thrilled to experience the Virginia yoga community coming together to share the gift of yoga and to help those in need during Virginia Yoga Week and throughout the year," said Margaret Townsend, founder of Virginia Yoga Week and owner of River's Edge Yoga in Alexandria. "I am grateful for the support from our sponsors, studios, and teachers."

Yoga studios and independent teachers that will host free, \$5.00, and Karma classes during Virginia Yoga Week include:

[Beloved Yoga](#)

[Blue Nectar Yoga](#)

[CorePower Yoga](#)

[East Meets West Yoga](#)

[Flow Yoga](#)

[Honest Soul Yoga](#)

[Little River Yoga](#)

[River's Edge Yoga](#)

[The Health Advantage Yoga Center](#)

[Unity Woods Yoga Center](#)

[Yoga 4 All Bodies](#)

Mackenzie Cherry

[Odette Hughes](#)

[Vinaya Saunders](#)

National and local sponsors for Virginia Yoga Week 2016 and Be Well Virginia include Yogaville, [Yogis for Positive Change](#), [My Area Yoga-DC](#), [Routeam](#), [YogiChuck Insurance Services](#), The Health Advantage Yoga Center, the city of Alexandria, and the Old Town North Community Partnership. Virginia Yoga Week is

also supported by the Embassy of India, Washington DC as part of the worldwide International Day of Yoga celebrations.

For a complete list of Virginia Yoga Week 2016/ Be Well Virginia yoga studio and independent teacher participants, sponsors, and events visit www.virginiayogaweek.org

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