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10TH ANNUAL
CELEBRATION
OF MIND, BODY & SPIRIT

JUNE 11-18, 2017

**Virginia Yoga Week's 10th Anniversary Kicks Off June 11
with Reduced Fee, Charity-driven Classes at Area Studios**

*Join local studios and community sponsors
to support yoga for everyone and give back to those in need*

Alexandria, VA – May 24, 2017- Virginia Yoga Week is turning 10! This year's milestone anniversary celebrating yoga for everyone, offers an open invitation to people of all ages, fitness levels and backgrounds to come to the mat and experience the physical and mental benefits of yoga, while also supporting area charities. From June 11-18, yoga studios in Arlington, Alexandria, Falls Church, and other VA communities will offer free, \$5.00, and Karma yoga classes.

Virginia Yoga Week will kick off on Sunday, June 11 at 10:00AM, at the Love Your Body Yoga Festival in the Reston Town Center. The day will include free yoga classes, food vendors, and fun activities for the whole family. Representatives from area studios will be on hand to discuss the various types of yoga classes they offer.

"I am proud and honored to mark 10 years of celebrating yoga in Virginia, and to recognize the support and compassion among those in our community for sharing yoga and helping others," said Margaret Townsend, founder of Virginia Yoga Week and owner of River's Edge Yoga in Alexandria. "On behalf of our charity organizations, I have tremendous gratitude for all of our sponsors, studios, and teachers."

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; [Southgate Community Center](#) in

Reston which offers multicultural programs for families, adults, children, teens, seniors and individuals with disabilities; and, [Yoga Gives Back](#) which works to mobilize the global yoga community to empower women in India to build sustainable livelihoods.

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 in Virginia. 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 in local communities.

Yoga studios that will host free, \$5.00, and Karma classes during Virginia Yoga Week, June 11 - 18, include:

[bedrock YOGA](#)

[Beloved Yoga](#)

[Blue Nectar Yoga](#)

[East Meets West Yoga](#)

[River's Edge Yoga](#)

[Spark Yoga](#)

[The Health Advantage Yoga Center](#)

[Tranquil Space](#)

[Unity Woods Yoga Center](#)

Sponsors for Virginia Yoga Week 2017 and Be Well Virginia include [Yogis for Positive Change](#), [My Area Yoga-DC](#), [Routeam](#), Wheel Nuts Bike Shop, [Skopp Chiropractic](#), and the [Old Town North Community Partnership](#).

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

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