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JUNE 18–25, 2018

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11TH ANNUAL  
CELEBRATION  
OF MIND, BODY & SPIRIT

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**Virginia Yoga Week Offers Free, \$5.00, and Charity-driven Classes  
at Area Yoga Studios June 18-25**

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

Alexandria, VA – June 18, 2018- Virginia Yoga Week, a celebration of yoga in the Commonwealth, begins June 18 and runs through the 25th. Now in its 11th year, Virginia Yoga Week is an ideal opportunity for 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. Yoga studios in Arlington, Alexandria, Falls Church, Reston and other VA communities will offer free, \$5.00, and specialty yoga classes during Virginia Yoga Week.

“Yoga in Virginia is vibrant and thriving, and our compassionate community is extremely supportive of making yoga available to everyone,” says Margaret Townsend, founder of Virginia Yoga Week and owner of River’s Edge Yoga in Alexandria. I am grateful to all Virginia Yoga Week 2018 sponsors, studios, teachers and others in our community who share yoga and give back to help others.”

This year's Virginia Yoga Week 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 Reston-based 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, [Odanadi](#), an international organization working to fight human trafficking and support women in need.

Virginia Yoga Week is a program of [Be Well Virginia](#), a health and wellbeing initiative of Yogis for Positive Change. Be Well Virginia 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 supports outdoor activities for all including shopping at local farmer's markets and 'free yoga in the fresh air' events in local communities. A highlight of Virginia Yoga Week 2018 is the Summer Solstice Celebration in Old Town Alexandria on June 21st, The International Day of Yoga.

Yoga studios that will host free, \$5.00, and Karma classes during Virginia Yoga Week 2018 include:

[Beloved Yoga](#)

[Dancing Mind](#)

[PIES Fitness](#)

[River's Edge Yoga](#)

[Unity Woods Yoga Center](#)

[Yoga Works](#)

Events leading into Virginia Yoga Week include the [Love Your Body Yoga Festival](#) in Reston Town Center on June 17th and the [International Association of Yoga Therapists \(IAYT\)](#) Symposium on Yoga Therapy, June 14-17 in Reston, VA.

Sponsors and supporters for Virginia Yoga Week 2018 include [Beloved Yoga](#), [City of Alexandria Recreation, Parks & Cultural Activities](#), [Yogis for Positive Change](#), [River's Edge Yoga](#), [DC Yoga Co-op](#), [Skopp Chiropractic](#), [MyAreaYoga](#), the [Old Town North Community Partnership](#) and [Almondon](#), a local designer and manufacturer of activewear.

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](http://www.virginiayogaweek.org)

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