

FOR IMMEDIATE RELEASE

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Third Annual Virginia Yoga Week, June 6-13, 2010

Engaging Community, Promoting Wellness, Uniting All

Alexandria, VA – Virginia Yoga Week (VYW), a celebration of yoga throughout the state, will be held June 6 through June 13 this year. During this special week, studios and independent teachers throughout the state will offer **free classes, \$5 classes** and join in the **VYW Karma project to benefit a charity of their choice**. The Northern Virginia kick-off event is, Sunday, June 6 from 10am to 4pm at Reston Town Center. The theme is *Love Your Body* and the event will bring together yoga studios and wellness centers of Northern Virginia. The weeklong VYW event concludes on Sunday, June 13, 3-5pm, at the Market Square in historic Old Town Alexandria. This closing event, *Yoga In the Fresh Air*, features a guest appearance by Alexandria Mayor Bill Euille. Additional events across the state are in the planning stages.

VYW is presented by the Virginia Yoga Community, Yogis for Positive Change, Yoga Alliance and the Mid-Atlantic Yoga Association.

The Sanskrit word “yoga” means “to unite” or “to join.” With the recent passage of state legislation that yoga programs from state licensing requirements, the yoga community has much to celebrate. Margaret Townsend, Founder of River’s Edge Yoga and Yogis for Positive Change, believes the timing is perfect for the entire community to unite and rejoice. “Yogis have much to celebrate this year. Virginia Yoga Week gives us this opportunity, plus allows the yoga community to give back for all of the recent support with gratitude.”

Along with uniting the community, VYW, sponsored by [Yogis for Positive Change](#), [Yoga Alliance](#), and the [Mid-Atlantic Yoga Association](#) will promote the health and wellness aspects of yoga. “We want to bring healing to our community” says Maryam Ovissi, co-owner of Beloved Yoga. “It’s an event for everyone – young and old, yogis and those who’ve never tried yoga before - to discover and rediscover the many ways we can take care of our bodies so we can feel stronger, healthier and better able to manage stress.”

VYW is expanding into Middleburg and Leesburg this year, enhancing the reach of the event. Christine Krieger, a yoga instructor in McLean and Middleburg, says that VYW “will bring awareness to the importance of taking an active role in the health and wellness of each community member. To invite them into a journey of awakening and opening to the infinite possibilities within their grasp.” Krieger is also an ambassador for VYW. Ambassadors have been appointed in each area to coordinate events in their cities.

Please visit http://www.ashtangadancer.com/VA_yogaweek/index.html for more information.

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