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Florida's largest free outdoor yoga event returns to West Palm Beach Learn ways to reduce stress and improve health

(West Palm Beach, FL) - Living Fit Today, along with other local Yoga teachers, will teach free Yoga classes as part of 3rd Annual West Palm Beach Yoga Day USA. This free community event, open to all skill levels, will be held Saturday, January 17th, 2009 from 8:00 a.m. to 5:00 p.m. at the Meyer Amphitheatre in downtown West Palm Beach.

The first 1,200 attendees will receive free reusable bags from Winn-Dixie stocked with supplies such as the energy snack, Luna Bar; Yoga Journal Magazine, Soy Joy bar plus other items. There will be Yoga marketplace with vendors and yoga studios on site to provide attendees the opportunity to purchase Yoga products, clothing and learn more about different styles of Yoga.

“Yoga Day USA is an annual national event where the community comes together for a positive connection”, says Jerry Jefferson, Living Fit Today and West Palm Beach Yoga Day organizer. “It is an opportunity for us to share the health and wellness benefits of yoga and the transformative effects it can have on one’s life. There is a style of yoga to suit everyone regardless of age, body type or fitness level”, he added.

According to a 2008 Yoga Journal study, 15.8 million Americans practice yoga and 14 million say that a doctor or therapist has recommended yoga to improve their health. Yoga as medical therapy is garnering more attention in the medical community. The benefits of yoga are numerous including stress management, improvement in heart health, reduction of cholesterol, and improved circulation. Practicing yoga can help with illnesses ranging from asthma to cancer. Yoga is also known for slowing the signs of aging, decreasing wrinkles, firming skin and reducing oxidative stress.

West Palm Beach Yoga Day is sponsored by PranaSleep, Winn-Dixie and Natural Awakenings Magazine. Event organizer, Living Fit Today (LFT) is a mobile fitness company, specializing in Yoga and Pilates, that designs fitness programs for businesses and the community.

Yoga Day USA was created by the national Yoga Alliance, a non-profit professional organization. Yoga Alliance is the leader in setting educational standards for yoga teachers and schools.

For more information about the 3rd Annual West Palm Beach Yoga Day event call 561-281-5895 or visit the web: <http://YogaDay.LivingFitToday.com>.

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