



# NEWS

## PALM BEACH COUNTY SPORTS COMMISSION

FOR IMMEDIATE RELEASE

December 16, 2011

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### Florida's Largest Free Outdoor Yoga Event

WEST PALM BEACH, FL –On Saturday, January 21, 2012 from 8:30am-5:00pm, over 1500 people are expected to stretch, strengthen, relax and breathe along the beautiful intercoastal waterway as they participant in the 6<sup>th</sup> straight year of the West Palm Beach Yoga Day at the Meyer Amphitheatre.

Participants will enjoy a day of yoga outdoors taught by certified and registered yoga teachers (RYT) who have met national training standards. Classes will include yoga foundations, flow, balance, kid's yoga, ashtanga, and many more.

Perfect for beginners! You don't need to be flexible or stand on your head to practice Yoga. Practiced by over 17 million Americans, Yoga challenges the body and calms the mind while providing a sense of relaxation and rejuvenation. "There is a style of yoga to suit everyone regardless of age, body type or fitness level", said Therese Abair, Living Fit Today and West Palm Beach Yoga Day co-founder. "Bring your mat or buy one there, bring a few friends and most of all your sense of adventure."

Yoga Day is designed to raise awareness about yoga's benefits and create healthy lifestyles.

For more information regarding West Palm Beach Yoga Day, please visit <http://YogaDay.LivingFitToday> or call (561) 281-5895.

*Founded and organized by Living Fit Today whose mission of West Palm Beach Yoga Day is to raise awareness of Yoga and its benefits to individuals; provide those new to Yoga a non-threatening environment to try Yoga; and remain free for the community.*

#### **About Palm Beach County Sports Commission**

The Palm Beach County Sports Commission is a private, not-for-profit organization contracted by Palm Beach County to promote and market the county as a sports and sports tourism destination. The Commission brings sporting events and activities to the county, enhances economic impact, stimulates bed tax revenues (primarily in the off-season) and maximizes utilization of county facilities. The Commission offers a full range of event service support, corporate partnerships, sponsorships and a local membership program that supports its goals. Local, regional, national and international marketing efforts are ongoing by the Commission with sports organizations and event owners. The Commission also produces sports-related programs for the residents of Palm Beach County including the Palm Beach County Sports Hall of Fame, the Lou Groza Collegiate Place-Kicker Award and the Kids Fitness Festival of the Palm Beaches. For more information on the Palm Beach County Sports Commission go to [www.palmbeachsports.com](http://www.palmbeachsports.com).

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