



CELEBRATE NATIONAL YOGA MONTH SEPTEMBER

{Global Awareness Campaign to inspire a Healthy & Conscious Lifestyle}

Since 2008 millions of health conscious individuals, communities, businesses and schools have participated in the national observance.

Why participate?

Improve your physical health. Learn to breathe deeply, increase your energy level. De-stress, practice mental clarity and relaxation; reconnect with your inner source. Feel and be better.

How to join?

September is the perfect time to start your yoga, mindfulness and conscious living practice. Ask your local yoga studio, community center for free yoga classes. Inspire school teachers to offer Yoga-Recess Day in Classrooms. Invite family & friends and watch yoga classes online.

National Yoga Month is powered by the non-profit Lifestyle Medicine University Foundation in partnership with:

Learn more at www.yogamonth.org.
Share via www.facebook.com/YogaMonth.



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