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**Free Kansas City Yoga Classes and Open House in Honor of Yoga Day USA**

*Saturday, January 23, 2010*

*9:00-5:00 p.m.*

(Kansas City, Kansas) – To help spread the health and wellness benefits of yoga, KCFitnessLink is hosting free yoga classes and an open house as part of Yoga Day USA, the national celebration of yoga. Hundreds of Yoga Alliance Registered Yoga Teachers (RYT) and schools (RYS) throughout the United States will host free or low-cost workshops on Yoga Day USA. Thousands of Americans across the country from the young and old, flexible and not-so-flexible, to athletes and couch potatoes, and those of every heritage will be able to find a workshop perfect for them. In the practice of *karma* yoga or service to others, this day is also a fund raiser for local non-profits.

**Free Class Schedule:** All classes are located at KCFitnessLink. Participants can register online at [www.kcfitnesslink.com/yogadayusa](http://www.kcfitnesslink.com/yogadayusa)

- **Free Power Yoga Class, 9:00-10:00 a.m.** A multi-level class that links breath and movement in a flowing style. It helps build strength and flexibility for beginners and advanced students.
- **Free Yoga Basics Class, 11:00-12:00 p.m.** This class will explore the fundamentals of breathing and yoga postures. No experience is required.
- **Free Open House and Holistic Health Career Fair 12:30-3:30 p.m.** Come join us for food, fun and sample yoga and Zumba classes! We'll have onsite chair massage, professional trainers to answer nutrition and fitness questions and fitness games. Bring family and friends to learn more about our services and to meet our health and fitness professionals. Our career fair will feature presentations over our holistic health certifications.

KCFitnessLink offers ongoing yoga programs for consumers, employers, health and fitness professionals and community-based programs.

- **Consumers:** KCFitnesslink offers yoga, meditation and yoga therapy programs through ongoing classes and private instruction. We are Kansas City's leading and most innovative yoga center offering unique lifestyle-based programs such as yoga with live harp music, partner yoga, yoga for men, relaxing yoga therapy, yoga trance dance and Thai Yoga Massage Therapy.

- **Employers:** KCFitnessLink's corporate yoga, massage and fitness programs take holistic health programs directly to employees. The program allows employers of all sizes and financial means to have a substantial impact on employees' health status with minimal investment.

- **Health Professionals:** KCFitnessLink's offers the most comprehensive yoga and holistic health certification in the area. KCFitnessLink is a Registered Yoga School with the Yoga Alliance and Charter School with the International Association of Yoga Therapists (IAYT) offering training programs from 200-2000 hours. KCFitnessLink is known for its innovation, practical approach, small class sizes, residential and distance learning options and top faculty in these subject areas.

- **Community Programs:** KCFitnessLink provides community based yoga and therapy programs for disadvantaged youth, elderly and those with chronic conditions at hospitals, community centers, schools and nursing homes. We are pioneering initiatives in the metro area to take yoga therapy to communities where it is needed.

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 as demonstrated by National Institute of Health's (NIH) first ever Yoga Week which explored the science and practice of yoga. 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.

### **About Yoga Alliance**

Yoga Day USA was created by Yoga Alliance. Yoga Alliance is the international gold standard for professional yoga teachers & schools throughout the world. Representing over 20,000 yoga teachers and yoga schools Yoga Alliance is the leader in setting standards that protect the health and welfare of society. Teachers and schools registered with Yoga Alliance are recognized for demonstrating a level of "expertise" that includes meeting essential standards of training and experience, dedication to expanding their knowledge of yoga, and commitment to maintaining high standards of professional conduct. Recognized by the designation RYT, ERYT and RYS, Yoga Alliance Registered Yoga Teachers (RYT) and Registered Yoga Schools (RYS) can be found at [www.yogaalliance.org](http://www.yogaalliance.org). For more information on Yoga Alliance, please go to [www.yogaalliance.org](http://www.yogaalliance.org).

### **About KCFitnessLink**

KCFitnessLink is Kansas City's leading mind-body fitness studio and school, providing consumer and corporate holistic health programs and nationally recognized educational training for fitness professionals. KCFitnessLink offers the most comprehensive yoga teacher training and holistic health certification programs in the Midwest and provides community-based fitness and yoga therapy programs to the KC metro area. [www.kcfitnesslink.com](http://www.kcfitnesslink.com)