



KCFitnessLink Plaza Yoga & Fitness Center: 707 West 47th Street, Kansas City, Missouri 64112

Historic Strawberry Hill Center: 510 North 6th Street, Kansas City, Kansas 66101

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KCFitnessLink to Celebrate Annual Yoga Month 2013 Celebration

KCFitnessLink (www.KCFitnessLink.com) is proud to announce its participation in the annual Yoga Month 2013 celebration. Kansas City residents and businesses can join millions of people across the world practicing yoga in September 2013 to celebrate National Yoga Month. Since 2008, Yoga Month has expanded into a nationally recognized awareness campaign and national observance to educate about the health benefits of yoga and to inspire a healthy lifestyle. KCFitnessLink invites residents to get **one week of free classes** (including yoga, Zumba, boot camp, Tai Chi, TRX) at both locations during Yoga Month.

People interested in attending can register online and download free class passes for the event at www.kcfitnesslink.com/yogamonth. Businesses can also request free yoga classes or lunch and learns about the benefits of yoga and physical activity during the month.

The month's events will also serve as a fundraiser as a part of the national campaign focus, so individuals and businesses can make donations at any of the scheduled events or sponsor events during the month.

About Yoga Health Foundation and Yoga-Recess

The Yoga Health Foundation, is a 501(c)(3) non-profit organization whose purpose is to educate about the health benefits of yoga, to inspire a healthy lifestyle and to support projects and sustainable solutions for personal and global health.

www.yoga-recess.org and www.yogahealthfoundation.org

About National Yoga Month

In 2008, the Department of Health and Human Services designated September as National Yoga Month, one of a select number of national health observances. That same year, thousands of yoga and health enthusiasts participated in a 10 City Yoga Health Festival Tour featuring yoga classes, lectures, music, entertainment, exhibits. Since then, the initiative has taken root as a global awareness campaign, educating, inspiring and motivating people to achieve a healthy lifestyle. Yoga Month is coordinated by the Yoga Health Foundation

About KCFitnessLink

KCFitnessLink is Kansas City's leading Registered Yoga School with the Yoga Alliance and private, post secondary career training school providing consumer and corporate holistic health programs and nationally recognized educational training for fitness professionals, including yoga teacher training.

www.kcfitnesslink.com