



September is National Yoga Month

a time of education, inspiration and awareness of the positive impact of yoga on health.

Whether you are trying yoga for the very first time or are an experienced yogi looking to deepen your practice – the **Yoga Month Card** provides access to **free** classes.

Visit yogamonth.org to find participating studios and teachers, print out the Yoga Month Card and attend one of hundreds of Yoga Awareness events.

EXPERIENCE ONE WEEK OF FREE YOGA

YOGAMONTH.ORG

Yoga Studios & Teachers: Add an event | Donate a class | Accept the Yoga Month Card

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