



yogahealthfoundation

Yoga-Recess™ - Yoga Health Education in Schools

Reversing Kids Obesity and Chronic Illnesses through Mind-Body Fitness Exercise

Yoga-based exercise has been researched extensively and been proven to have a positive effect and help children relax the body, focus the mind and create a healthy lifestyle. Our mission is to bring yoga-based health education into classrooms using low-cost and easy-to-use methods and projects.



Get a Yoga-Recess™ DVD for Only \$25 and we will match your donation and send a complementary Yoga-Recess™ DVD to a school teacher. Visit: www.yoga-recess.org

National Yoga Month September

Awareness Campaign to inspire a Healthy Lifestyle with Free Yoga Classes and Events

Throughout the month of September, people across the country will have access to an entire week of free yoga and free yoga and health events. National Yoga Month is one of a select few national health observances. Free classes and events will take place across the U.S., with thousands of studios, teachers, individuals and organizers taking part in their own hometowns. The events are all designed to educate people about the mind and body benefits of yoga.



Signup online for our free newsletter to receive ONE WEEK FREE YOGA, access to free yoga and health education events and special offers. Visit: www.yogamonth.org.

The Yoga Health Foundation is a 501 (c) 3 non-profit organization with a mission to **inspire a healthy lifestyle** through the National Yoga Month awareness campaign and the Yoga-Recess education programs in schools.

Support our charity by donating online: www.yogahealthfoundation.org