

Worldwide Yoga Event to be held at Bayonne Studio

Source: All Fit Studios

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All Fit Studios is hosting "A Time for Yoga" September 30, 2013 at 7 pm

BAYONNE, N.J. -- All Fit Studios joins over 2,000 yoga studios celebrating National Yoga Month by participating in a worldwide yoga event called "A Time for Yoga." On September 30, 2013 at 7 pm local time, all participating yoga studios, teachers and yogis will unite for a worldwide yoga, meditation and mindfulness practice.

People wishing to join this free event should register online at <http://allfitstudios.com/calendar> (<http://allfitstudios.com/calendar>) and reserve their space. Yoga mats will be available on a limited basis and participants should plan to bring their own.

"By meeting to practice yoga together in our local time, we will be a part of a wave of yoga that will take place around the globe," says studio owner Lou Segura.

During National Yoga Month, one of a select few national health observances, millions will come together for free events and activities. Festivities will take place across the U.S., with hundreds 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 practice.

"We are all looking for ways to take an active role in managing our health. There are readily available solutions that don't necessarily require insurance or even a doctor," said Johannes Fisslinger, co-founder of National Yoga Month. "Preventative wellness can be accessed by simply unrolling a yoga mat!"

About All Fit Studios

The studio was opened in October 2012 by professional personal trainers, Lou Segura and Deb Peveler. Both have lived in Bayonne for over forty years and have thirteen years of personal training and group fitness experience. The studio's main goal is to provide quality fitness programs that are accessible to everyone no matter their current fitness level. They achieve these goals by working with them individually and encouraging participation in the group fitness activities.

In addition to personal training, yoga classes have been a cornerstone of the services (<http://allfitstudios.com/what-we-offer/services/>) at All Fit Studios. Alternating their schedule (<http://allfitstudios.com/calendar/>) between yoga and kickboxing provides clients with both cardio and strength training. Interspersed are unique classes like BLT (Buns, Legs & Tummy) and Mat Pilates. Personal training is offered to assist clients in focusing on their unique health goals.

Lou's personal motto is, "Life Happens, Yoga fixes it."

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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. Each September over 2,000 yoga studios will participate in the One Week Free Yoga program and host hundreds yoga classes and events.

The Yoga Month campaign is administered by the Yoga Health Foundation, a 501 (c) 3 non-profit organization registered in the State of California. All funds benefit the national awareness campaign and yoga health education for at-risk kids in schools.

Contact: media@yogamonth.org

Website: www.yogamonth.org

Additional Source: Yoga Health Foundation - http://yogahealthfoundation.org/a_time_for_yoga

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