

september 30 @ 7pm local time



**Global Community Practice
concluding National Yoga Month**

National Yoga Month Goes Global

Yoga Month invites all yoga studios, teachers and students to unite on September 30 for a worldwide yoga practice. Be a part of the first annual Time for Yoga Global Community Practice by organizing a yoga practice in your own community.

At 7 p.m. local time on September 30 at Answer is Fitness, yoga students of all experience levels are encouraged to practice yoga as an international observance and the culmination of Yoga Month. **A one-hour yoga practice will be followed by savasana beginning at 8 p.m., and a 15 minute meditation for universal peace and well-being at 8:15 p.m.**

By participating during your own local time, a wave of yoga will take place around the globe.

*This is a free event for both members and non-members