



March 30, 2007

## DC Yoga Week 2007

***Metro DC area studios to offer free and \$5.00 classes between  
Saturday, May 12-Friday, May 18, 2007***

**Washington DC.....**

**Sponsored by the  
Mid-Atlantic Yoga  
Association (MAYA)**

The second annual DC Yoga Week will take place between Saturday, May 12 and Friday, May 18, 2007. Sponsored by the Mid-Atlantic Yoga Association, DC Yoga Week is designed to celebrate the practice of yoga as a life-enhancing, stress-reducing discipline, by providing DC residents with the opportunity to try a yoga class for free, or at greatly reduced rates.

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### 2007 Participants

Bikram Yoga Capitol Hill

Bikram Yoga Dupont

Bikram Yoga Tenleytown

Capitol Hill Yoga

Circle Yoga & Budding Yogis

Cleveland Park Yoga

Flow Yoga Center

Georgetown Yoga

Inspired Yoga

Shakti Mind Body Studio

Somafit

Spiral Flight Yoga

Tranquil Space Yoga

Unity Woods Yoga Center

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Thanks to the popularity of last year's inaugural event, DC Yoga Week 2007 has expanded its offering to include fourteen metro area yoga studios. Participating studios will offer at least one free class and daily \$5.00 classes open to the public during the course of DC Yoga Week, along with generous discounts on additional classes, class packages, and yoga merchandise.

In addition, Vancouver-based yoga retailer lululemon athletica will host a launch party for DC Yoga Week 2007 on Friday, May 11 at their new Georgetown showroom. Wholefoods supermarket will also be offering a Mother's Day competition in conjunction with DC Yoga Week to win a gift basket of yoga and spa gift certificates and clothing at their three DC-area grocery stores.

Comments MAYA board and DC Yoga Week committee member Annie Mahon, "We were delighted by the response to last year's DC Yoga Week, and by the interest local yoga studios, media and residents have already shown in DC Yoga Week 2007, judging by the number of enquiries we've received about it already. This reflects the interest DC-area residents continue to show in the practice of yoga, and confirms Washington DC as the fastest growing market for yoga in the US."\*

[www.dcyogaweek.com](http://www.dcyogaweek.com)



[info@dcyogaweek.com](mailto:info@dcyogaweek.com)

DC Yoga Week's Mission is as follows:

1. Provide opportunities for people living in the DC area to try a yoga class at a reduced cost, especially those who might be new to yoga
2. Increase awareness about the benefits of yoga and meditation for people living in the DC area, to help encourage greater physical health and well-being in our community
3. Create a community of urban yoga studios in the city of Washington DC for future events, activities, and information sharing.

Participating DC Yoga Studios include:

Bikram Yoga Capitol Hill

Bikram Yoga Tenleytown

Circle Yoga/Budding Yogis

Flow Yoga Center

Inspired Yoga

Somafit

Tranquil Space

Unity Woods Tenleytown

Bikram Yoga Dupont

Capitol Hill Yoga

Cleveland Park Yoga

Georgetown Yoga

Shakti MindBody Studio

Spiral Flight Yoga

Unity Woods Woodley Park

Unity Woods St. Columba's

For more information, please contact Penelope Bell at Mediaware Communications, on T.301.951.2766, or [penelopebell@gmail.com](mailto:penelopebell@gmail.com) or visit the DC Yoga Week website at <http://www.dcyogaweek.com>.

*\* According to YogaFinder, a web-based yoga directory*

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