

News Release

Contact: Russell Burns, 512-547-9000, [info@austinyogafestival.com](mailto:info@austinyogafestival.com)

Organization: Austin Yoga Festival

### **2012 Austin Yoga Festival , October 27-28**

The 2<sup>nd</sup> annual **Austin Yoga Festival** opens this year at the Palmer Events Center, 900 Barton Springs Road Austin, TX 78704 from 10:00 am until 10:00 pm, on Saturday October 27<sup>th</sup>, and 10:00 am - 6:00 pm October 28<sup>th</sup>. Bring a yoga mat, participate in yoga classes, watch presentations and demonstrations, and listen to live music, win drawings for yoga gear, and more.

The Austin Yoga Festival was formed to celebrate the traditions of yoga, by bringing together Austin's finest yoga teachers, along with regional and national yoga presenters. We'll also have alternative and holistic wellness providers., with many offering free health screenings and services. We aim to raise awareness of the [benefits](#) of yoga, to provide a family friendly space to learn about and practice yoga, listen to discussions by wellness providers, watch the films, shop among eclectic vendors, listen to live music, enjoy healthy food and beverages, chant, sing and of course have some fun.

The Festival will benefit those in need through our beneficiaries Capital Area Food Bank, Community Yoga, and the Amala Foundation.

We are scheduling two days full of over 40 yoga classes, workshops, information sessions, films, discussions, and live music. We are also including LUNAFEST activities on Saturday night, see website for details. The activities under the "Canopy" are FREE and we are also offering in-depth yoga workshops at the special rate.

Everyone is encouraged to attend, whether new to yoga or a life long yoga practitioner. Learn something new about the health benefits of yoga, try a new style of yoga, discover the depth of yoga traditions, or enjoy a weekend outdoors, with friends and family in a healthy and family friendly festival.

For a more information visit [www.austinyogafestival.com](http://www.austinyogafestival.com)

Festival guidelines:

- Bring a yoga mat, and wear appropriate clothing.
- City ordinances prohibit smoking.
- No glass or Styrofoam containers.
- Always go at your own pace, respect your body and participate only in the classes you are certain you are prepared for.

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