

The Yoga Health Foundation, a 501 (c) 3 non-profit organization, fosters an awareness of yoga's proven health benefits and provides individuals with actionable guidance and tools to enhance their own well-being. The foundation coordinates the national (and global) awareness campaigns Yoga Month and Yoga-Recess.

What does the Yoga Health Foundation Do?

Provides Online Resources

The website features a searchable yoga finder and event directory for visitors to locate yoga teachers, studios and events near them. It is free for teachers and event coordinators to list their studios and events. Information on yoga and its proven health benefits is also available on the website to educate those new to yoga.

Coordinates Yoga Month

September is the official National Yoga Month, a national observance designated by the Department of Health and Human Services. This month-long celebration of yoga encourages teachers to offer free community yoga events and classes. Individuals new to yoga can try a free week of yoga classes at studios across the country by printing a One Week Free Yoga card from the website.

The entire yoga community comes together for the Time for Yoga, a global community yoga practice. As the culmination of Yoga Month, every year on September 30, individuals across the globe are invited to practice yoga at 7pm as a part of a "wave" of yoga around the world.

Coordinates Yoga Recess

Yoga Recess is a national campaign and platform dedicated to bringing yoga-based health and fitness education into the classroom. By offering free online resources and awarding grants to teachers, Yoga Recess fosters health, happiness, creativity, compassion and integrity in students.

Join us in 2012 as we inspire even more healthy lives through yoga.



Yoga Health Foundation's 2011 Yoga Month Campaign by the Numbers

25,000 Yoga Month Cards
(One Week Free Yoga Cards)
were registered

6,670+ yoga studios & teachers
registered with Yoga Month

1,759 yoga studios
participated and offered
One Week Free Yoga

870+ Yoga Month events & classes listed on the site

135,000 unique web visitors in
August and September

13 million web hits
in August and September

10,300+ Facebook Fans and
2,100+ Twitter Followers

An email database with more
than **66,000 contacts**

Street team of
volunteers & ambassadors
active nationwide