

# Community Yoga Classes

People are always looking for new ways to exercise. Researchers have found yoga beneficial to improving health in ways including but not limited to improving posture, increasing blood flow, and boosting immunity. Community members of all ages will be thrilled to have this opportunity to improve their health in a new and fun way!

**Reach out** – contact members of the community and local yoga studios to hold the yoga sessions. Provide them with a chance for publicity by adding their advertising to materials.

**Find a Place and Time** – Decide on a regular time that you can meet to participate in a yoga session; this can be weekly, or monthly. Find a local venue, this can be a community center, a public park or even the beach

**Promote the Event** – People of all ages will be excited for these classes! Promote the event using flyers, emails, and social media.

## **Resources** –

[Yoga Centers Directory](#)

[Yoga Community](#)

[How to Start a Yoga Practice](#)

[Benefits of Yoga](#)

## **MWC Success Stories** —

Beachwood, New Jersey, partnered with Beachwood Recreation, holds a Beach Yoga program on Saturday mornings from the first week of June to the last week in August at Beachwood Beach. The class does not require registration and is available to the public at a low cost of \$5 per person. They have had up to 90 residents per class and successful reviews. Read more about Beachwood's MWC [here](#).

