

PRESS
RELEASE



OM International Yoga Day

Alexandra Palace · London



Join us on 18th June 2017 to celebrate the third International Day of Yoga with a day of free yoga in the beautiful grounds of Alexandra Palace.

OM International Yoga Day will welcome visitors from 8am to 6pm, with fifty free yoga sessions taking place throughout the day. Four separate classes and a main stage will offer everything from singing bowl meditation and jivamukti sessions to laughter yoga and family yoga. It's the perfect chance to try something new; whether you are a beginner or have been practising for years, there's something for everyone. Alongside the all-day yoga classes, the day will also offer a selection of specially chosen exhibitors who will be on hand to offer clothing, tea, jewellery, and even yoga retreats.

Visitors are also encouraged to stop by the Meditation Space, where the Brahma Kumaris will lead guided meditations throughout the day on inspiring and though provoking topics. These sessions are free of charge, and suitable for all, even if you are totally new to meditation! Bring your mat, and spend this special Sunday in June celebrating International Yoga Day.

Event details:

Sunday 18th June 2016 | 8am – 6pm
Alexandra Palace, Alexandra Palace Way, London, N22 7AY

Further Information

For further information, please contact Jane Lambert on **01787 224040**. Alternatively you can email jane@primeimpact.co.uk



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