



# INTERNATIONAL YOGA DAY

JUNE 21





# SURPRISING FACTS ABOUT YOGA

300 million people practice yoga worldwide

Over one in five Canadians practice yoga

Ancient yogis believe our breathing rate determines our lifespan

The world's oldest yoga teacher taught yoga until she was 101

You can go on a yoga vacation



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## INTERNATIONAL YOGA DAY ACTIVITIES



# BRING YOUR TREE POSE TO NATURE



Practicing outside can breathe some fresh air into your yoga poses. Practice on the beach, at your local park, or even in your backyard. Surrounding yourself in a new environment can be much more engaging by having new things to focus on





## DO YOUR "OM" THING

Create your own flow of movements and discover new combinations to your favorite music. Sometimes a change in movement or music can help you focus your energy and sync your breathing perfectly to musical transitions

# INTRODUCE A FRIEND TO THE YOGI LIFESTYLE



Bringing a friend can be just the right motivation you need to revamp your practice. Not only will their presence inspire you to strengthen your poses, but also, they can score big on free yoga deals for new students

**HOW WOULD YOU LIKE TO START  
PRACTICING YOGA TODAY?**



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