



The Yoga Teachers  
Association of Houston

# Houston Free Day of Yoga 2008

Free Day of Yoga, held each year on Labor Day, started in Austin in 1999 and since then has grown into a phenomenal event with thousands of people practicing across that city on a single day. Imagine the positive energy.

In 2004, Houston's Yoga Association started its own free yoga event. It has been growing slowly over the years. With your help we can keep the spirit and energy of Free Day alive and prosperous in Houston.

We need volunteers to help organize and promote Free Day, but most of all we need you to schedule a class for Free Day and promote the event in your classes.

- ❖ Who: You – the Members of the YTAH – and the greater Houston-area community
- ❖ What: A day to ...
  - ◆ practice yoga together as a community of teachers and students.
  - ◆ introduce yoga to new participants.
  - ◆ allow your students to introduce their passion – yoga – to friends and family and receive a free class themselves.
- ❖ When: Labor Day, September 1, 2008
- ❖ Why: To share the gift of yoga and promote it to the broader Houston community.
- ❖ Where: In your studio, community center, gym, living room ...
- ❖ Special Event: Yoga and Sun Salutations - Discovery Green at 9 a.m. in front of the George R. Brown Convention Center

See [www.yoga-houston.org](http://www.yoga-houston.org)