



PRESS RELEASE

(FOR IMMEDIATE RELEASE)

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DO YOGA, HELP SONOMA!

3RD ANNUAL YogaFEST TO DONATE PROCEEDS TO SONOMA COUNTY WILDFIRE RELIEF

The **YogaFEST**, launched in Morgan Hill in 2015 brings the festival to Gilroy on November 12, 2017. This year's festival returns with the theme of **One World Family** to bring together communities and celebrate cultures from around the world. Keeping in line with the meaning of yoga, the festival intends to promote unity among people of diverse backgrounds.

In the past, the festival has been well attended by people of all ages who participated in yoga sessions and workshops. YogaFEST is a collaborative effort of local businesses, yoga studios, and health conscious individuals partnering to promote wellness and happiness through making holistic lifestyle choices accessible to everyone. **The Mayor of Gilroy is to deliver keynote speech for this year's festival.**

In the spirit of oneness, YogaFEST organizers and partners call on the citizens of Greater Bay Area and South County to stand by the people affected by Sonoma County wildfires. **Proceeds from this festival will be used for Sonoma County Wildfire Relief and Rehab efforts.**

The YogaFEST is a movement started by the volunteers of The **Art of Living Foundation**. The Art of Living Foundation is a non-profit, educational and humanitarian organization operating in 152 countries, and founded in 1981 by the world-renowned philanthropist and spiritual leader Sri Sri Ravi Shankar. All programs offered by the Art of Living are inspired by Sri Sri's words: "Unless we have a stress-free mind and a violence-free society, we cannot achieve world peace."

Yoga, Music, Food, Dance, Fun & More!

The festival has a lineup of yoga sessions led by celebrated yoga teachers including Mariko Hirakawa, Darren Main, Pradeep Teotia and Kasia Fraser. The expert yogis will lead various forms of yoga to create profound experiences and help discover the inner self!

Expect to spend a lively afternoon with 'Deepak Ramapriyan and the Breath of Life Tribe' (www.breathoflifetribe.com) as the festival's headline band along with several global cultural performances including Venezuelan dance, African drums, Indian dance, Persian music and more!

When: Sunday, Nov 12th, 2017
9 A.M to 5 P.M. Gates will open at 8:45 AM.
Come Early to Participate in an Inspiring Group Sun Salutation

Where: Christmas Hill Park, 7050 Miller Ave, Gilroy, CA 95020

Who: Entire community of South County and surrounding counties.
All Ages & Ability Levels (From Beginners to Experts)

Cost: \$20 (\$15 until Nov 1st, 2017)
“Entry free for kids 12 and under”

**FOR ADDITIONAL INFORMATION OR TO PURCHASE TICKETS, VISIT
WWW.THEYOGAFEST.ORG**

Organized by the volunteers of The Art of Living Foundation

www.artofliving.org