

INTERNATIONAL YOGA DAY



SATURDAY, JUNE 20, 2026 | 3:30–6:00 PM

EXPERIENCE DIFFERENT STYLES OF YOGA
PLUS MEDITATION. FREE SESSIONS.

Everyone is Welcome!

Free sessions for all abilities,
young and old.



EVERY BODY. EVERY MIND. EVERY AGE.

Yoga, chair yoga, brain yoga, and meditation
for all abilities, young and old.



YOGA

Experience different
styles of yoga with
free lessons for
all levels.



CHAIR YOGA

Gentle, accessible
yoga using a chair
for support.



BRAIN YOGA

Simple exercises
to support focus,
memory, and
well-being.



MEDITATION

Join a guided
meditation session
to calm the mind
and reduce stress.



PARTICIPATING ORGANIZATIONS



INNER LIFE YOGA



HRCC YOGA



EMPOWER YOGA



ZEN TEMPLE



HEALTHY BOXED SNACKS
AVAILABLE FOR A SMALL FEE



SCAN TO REGISTER



VENUE: HRCC, 137 BAKERS RIDGE ROAD
Morgantown, WV

