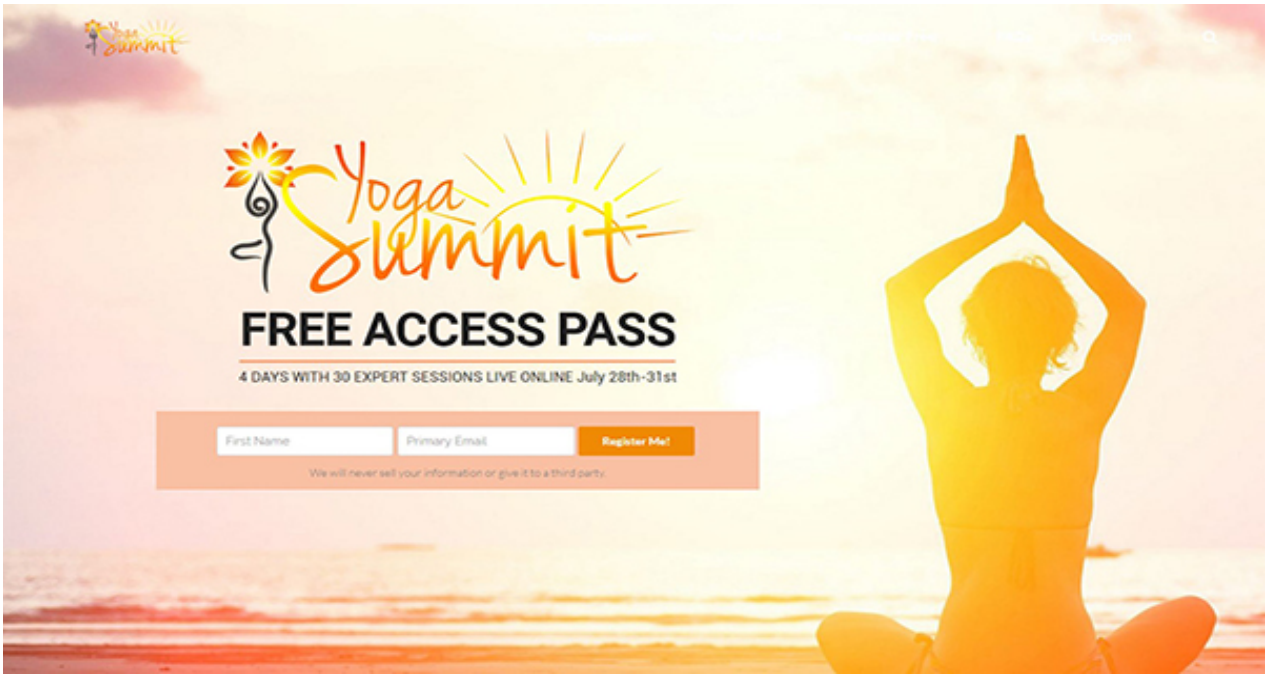


The Yoga Summit Launches Free Online Event Beginning July 28, 2016

July 26, 2016

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Boynton Beach, FL: Yoga instructors, practitioners, and individuals interested in the field of exercise can now register to attend The Yoga Summit free online event taking place from July 28th through the 31st, 2016. This fitness packed resource is designed to assist those who are interested in improving their overall health, well-being and physique. Several people struggle with finding the right exercise format for the time they have available during their busy daily schedules. Attendees to the Yoga Summit will be amazed to discover that yoga can be practiced almost anywhere, time and space permitting.

?Quite a few people are in search of a physical fitness routine that they can practice on a daily basis,? explains George Shepherd, founder of the 360summits.com online educational portal. ?Far too often people struggle to find the time to maintain peak physical performance exercises. This often leads to problems maintaining mobility. The less we exercise, the less limber are bodies are, which in turn has the potential to cause sprains, strains, and muscle pulls.?

Shepherd further states, ?Virtual online summits, such as the Yoga Summit, are rapidly becoming the new industry standard for sharing all types of information. We are pleased to be at the cutting edge of this innovative connectivity platform that allows people to expand their education in areas they are interested in.?

Yoga Summit attendees will appreciate the opportunity to enjoy a multitude of yoga sessions presented by 30 experts. Yoga Practice for Pregnant Moms, Yoga Headstart-Making Yoga a Daily Habit, Meditation for Busy People, Pranayama To Awaken Your Potential, Get Back In the Groove With Flexibility for Life, The Yoga Man ? Get Ripped On The Mat, Managing Arthritis With Yoga, and Get Out Of Pain And Back To Living are but a sample of the sessions that will be shared.

The experts featured at the Yoga Summit include: Kate Rieger your host, Linda Sparrowe, Tymi Howard, Kate Mulheron, Tera Bucasas, Nicole Nardone, Amy Patee, Pam Johnson, Wayne Campbell, Timothy Burgin, Dean Pohlman, Ellen Saltonstall, Lissa Coffey, Stephanie Ring, Dr. Mike Lane, Adri Kyser, Nicole Ablack-Ramkay, Brook Cheatham, plus several other prominent experts known throughout the industry.

All those interested in attending can register for free, view the schedule of presenters, topics, descriptions and more at http://360summits.com/yoga-summit/. Learn more about 360Summits and view their other online virtual events calendar at: http://www.360summits.com/.

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