

FOR IMMEDIATE RELEASE
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MAY IS MENTAL HEALTH MONTH
FREE YOGA CLASSES DURING THE COVID-19 PANDEMIC
PURE Yoga Texas and PURE Action (a 501(c)3 nonprofit organization)
team up to deliver FREE VIRTUAL yoga and fitness classes
during the COVID-19 pandemic.

AUSTIN, TEXAS - Governor Abbott's reopening of Texas businesses begins May 1st. For most Texans this is a welcome relief after 4+ weeks of "shelter in place". However, gyms and fitness centers are to remain closed until later in May. What can you do?

During the month of May, PURE Yoga Texas <https://pureyogatexas.com> and PURE Action team up to offer free yoga and fitness classes through their Live Stream Platform in addition to their members-only online content.

Owner Mardy Chen says, "Extended periods of isolation, inactivity, and financial uncertainty can wreak havoc on mental health. Our current environment is a recipe for relapse from addictions, depression, and anxiety, and a worsening of chronic health conditions. We want to help by offering everyone free classes through the month of May in observance of Mental Health Month."

VISIT: <https://pureyogatexas.com/mentalhealthmonth>

For the last several years, PURE Yoga Texas and PURE Action have teamed up to bring awareness to this important, but often unspoken topic. PURE Action will host weekly “YogaTALKS” to openly discuss the myriad of mental health issues, including depression, anxiety, eating disorders, and addiction, and how yoga and fitness can help. The importance of exercise and mindfulness practices, including yoga, meditation, and fitness classes has never been greater than it is today.

PURE Yoga Texas has been locally owned since 2003 in Austin, Texas. Now with five locations, including Austin, Cedar Park, and Dallas, their mission is to build a community of like-minded people looking to improve their daily lives through mind-body fitness and wellness. In 2011, the owners started PURE Action, Inc., a 501(c)3 non-profit dedicated to exploring yoga from a scientific perspective and to bring yoga to underserved communities. Until the mid-March shutdown, PURE Action was delivering over 25 FREE Yoga classes throughout Central Texas addiction treatment centers, Austin Public Libraries, and local community centers. Their bold vision is to “Heal the World with Yoga.”

- *TAKE A FREE VIRTUAL CLASS:* <https://pureyogatexas.com/free-classes>
- *PARTICIPATE IN OUR Mental Health #yogaTALK every Friday in May, with special guest speakers:* <https://pureyogatexas.com/mentalhealthmonth>
- *CONTACT US TO GET INVOLVED:* mardy@pureyogatexas.com

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