

# Disney Cast Members celebrate International Yoga Day in front of Cinderella Castle

**LAKE BUENA VISTA, Fla.** June 21, 2018—As the sun rose over Cinderella Castle this morning, more than 1,000 Cast Members eagerly flexed, stretched and posed during a one-of-a-kind yoga session [to celebrate International Yoga Day](#).

From downward dog to mountain pose, Cast Members from all areas of Walt Disney World Resort arrived before dawn to find the perfect, picturesque spot to practice yoga in front of Cinderella Castle.

The Cast Member-exclusive Sunrise Yoga event draws more than 1,000 Cast Members each year for a pixie-dust filled hour of mindfulness, designed to encourage employees to take small steps toward healthy lifestyles in a serene, inspiring setting.

“These Cast Members truly inspire me,” said Dr. Pam Hymel, chief medical officer for Walt Disney Parks and Resorts. “Whether it was their first time on a yoga mat or their millionth, each Cast Member showed how easy it is to take steps toward their personal wellness.”

The event is one of many unique health and wellness offerings available to Cast Members throughout the year, such as walking and sports leagues, 24-hour on-site gym access, healthy cooking demonstrations and food options, face-to-face health coaching and seasonal wellness activities. For some events, Cast Members are also encouraged to invite friends and family.

Cast Members are also participating around the globe as they unroll their yoga mats at Disneyland Resort, Disneyland Paris, Shanghai Disney Resort and Hong Kong Disneyland to celebrate International Yoga Day.