

PRESS RELEASE

CONTACT: Mayor's Office
861-5301

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CAPE MAY COUNTY LIBRARY OFFERS "YOGA FOR HEALTH" CLASSES IN WOODBINE

Woodbine—Mayor William Pikolycky is pleased to announce that Woodbine now offers an additional chance at "Yoga for Health".

The Woodbine branch of the Cape May County Library will be hosting Yoga classes. The class will be held in the school gymnasium, which is adjacent to the library branch.

Instructor Phyliss Schlegel is a certified yoga teacher who has been teaching in the local area for the past seven years. She also is currently teaching evening yoga classes for the Woodbine Recreation Department (for information call 861-2800).

The classes will be held 3:00 P.M. to 4:00 P.M. on Wednesdays. The class dates are as follows; in November: 18 & 25, in December: 2, 9, & 16, and in January: 6, 13, 20, & 27.

Fall is a time of transition, a time to make changes to your workout plan so you stay fit even as the weather turns cold. The regular practice of yoga helps us detect imbalance in our bodies, leads to correct body alignment and has a calming effect on the mind and emotions thereby reducing stress.