

PRESS RELEASE

CONTACT: Mayor's Office
861-5301
21 September, 2009

YOGA CLASSES RESUME IN WOODBINE

Woodbine—Mayor William Pikolycky is pleased to announce that the Woodbine Recreation Commission invites all to yoga classes at the Woodbine Community Center, 812 Longfellow, Woodbine.

Stretch your body and mind while you discover the self-renewal and relaxation of yoga. Beginners are always welcome. Classes will be Thursdays, October 8, 15, 22, 29, November 5, 12, 19, December 3, 10, 17.

Wear comfortable clothing that permit free movement; baggy t-shirts are not recommended, as they get in the way. Bring a yoga mat and a smile. (Yoga mats are sold at stores such as Ross, Walmart, TJ Maxx; instructor will also have yoga mats available for sale.)

Cost is \$65 for ten classes or \$10 for a single session (walk-ins are always welcome). For more information or to have a registration form mailed to you, please call the Woodbine Recreation Commission at 861-2800.

"I encourage everybody to consider signing-up for this stress relieving activity as we enter into the fall and winter seasons of less outdoor activity," added Mayor Pikolycky. "We are pleased to have this adult activity again available through our Recreation Commission."

