



801 E. Front Street, Traverse City, Michigan 49686

231-922-4911

www.grandtraverse.org/scn

Making longer lives, better lives.

FOR IMMEDIATE RELEASE

Date: March 19, 2019

Contact: Lori Wells, Manager

Phone/Email: 231-922-4911/lwells@grandtraverse.org

Subject: Yoga to Energize

Interlochen – Yoga is a movement and spiritual discipline that originated in ancient India. On a physical level, the essential elements of yoga helps to improve flexibility, strength and balance. Yoga teaches you how to cope better with stress on an energizing level. And on a psychological level, yoga helps to promote mindfulness by making you aware of the sensations, thoughts and emotions that accompany a yoga pose or exercise.

Beginning April 4, 8:30 a.m., at the Golden Fellowship Hall, in Interlochen, 9700 Riley Road, join Naomi Call, certified Yoga instructor, as she guides you through Yoga to Energize each Thursday of the week. This energizing exercise class fuses strong bones exercises with yoga through the use of stretches meant to help increase balance, strength and flexibility. With the fast-paced world we live in, it is easy to feel stressed and tired, but this yoga class can help you stay focused and revitalized throughout your day.

Bring a yoga mat and small blanket or towel that can be rolled up for support.

The cost of each session is \$5. Advanced registration is not required.

For more information or to register, email dmikowski@grandtraverse.org or call the registration number at 231-922-2080

###