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FOR IMMEDIATE RELEASE

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Contact: Lori Wells, Manager

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Subject: Benefits of Yoga

Interlochen – Yoga is a movement and spiritual discipline that originated in ancient India. The essential elements of yoga help improve flexibility, strength, balance and endurance. It can teach the participant how to cope with stress, along with helping to cultivate mindfulness through awareness of the sensations, thoughts and emotions that accompany a given pose or exercise.

Learn the basic concepts of yoga poses and the benefits by attending a presentation given by Dawn Edgley and Mark Handler on Thursday, December 7, 12:30 p.m., at Golden Fellowship Hall in Interlochen, 9700 Riley Road. Edgley is a physical therapist and certified yoga instructor at Paul Oliver Memorial Hospital in Interlochen and Handler is a certified yoga instructor.

A brief presentation will first tell participants about the health benefits of practicing yoga, then participants will be invited to try chair yoga poses that can improve range of motion and balance.

The presentation is free, but advance registration is requested.

For more information and to register, email dmikowski@grandtraverse.org or call 231-922-4911.

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