

S P E C I A L E V E N T

YOGA DAY USA



Saturday Jan 24, 2009
11:00am -6:00pm
FREE

REI
1466 N Halsted St
Chicago, IL 60642

"Yoga is an ancient art based on a harmonizing system of development for the body, mind, and spirit. The practice of yoga makes the body strong and flexible, it also improves the functioning of the respiratory, circulatory, digestive, and hormonal systems. Yoga brings about emotional stability and clarity of mind."

- One Definition of Yoga

REI Lincoln Park is hosting an all day celebration of yoga in honor of YogaDay USA. There will be free yoga classes all afternoon, healthy refreshments, a raffle and experts to answer all of your yoga questions!

Moksha Yoga Studio will provide teachers, mats, props and all the instruction you need to join in. Whole Foods Lincoln Park will be providing healthy refreshments and Whole Body samples. One lucky raffle winner will receive an amazing basket full of yoga supplies complete with a free class package from Moksha. All levels are welcome and mats and props will be supplied! Advanced teachers will also be performing demonstrations through out the day.

Please join us. Check www.rei.com/lincolnpark <http://www.rei.com/lincolnpark> for more information.

The Day's Events

- **Yoga Talks**
11:00am-12:00pm - Come and ask all the questions you have always wanted to ask about yoga to some of Chicago's most experienced teachers from Moksha Yoga.
- **Classes**
12 -1:15pm – *Yoga for Beginners, Claire Hurwitz*
2 -3:15pm – *Yoga for Athletes, Cynthia Latimer*
4 -5:15pm – *Yoga to Relieve Stress, Nina Gaglio*
- **Demonstrations**
11:30- Acro Yoga, Jonny Nobleza
1:30- Astanga, Daylene Christensen
3:30- Hatha Yoga, James Tennant
- **Whole Foods**
Whole foods will be providing refreshments and healthy snacks all day long!

moksha
YOGA CENTER