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**NORTH SUBURBAN
YMCA**

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FOR IMMEDIATE RELEASE

YMCA YogaFest and Health Expo Offers Unique Workshops and Products for Mind-Body Wellness

Northbrook, IL: December 2014 – The North Suburban YMCA will host its second annual YogaFest on January 11, offering guests a diverse selection of yoga and mind-body classes from highly esteemed instructors. This year’s event will be expanded to include a Health Expo sponsored by the Glenview Chamber of Commerce Community Wellness Advantage, with over 20 local vendors on display. Open to the general public, the 2015 “Finding Your Zen” YogaFest and Health Expo will run from 11:30am to 4:30pm on January 11 at the YMCA, located at 2705 Techny Road in Northbrook.

The annual YogaFest event gives yogis of all ability levels the opportunity to sample new types of practice in a welcoming, relaxed setting. Participants can choose up to three 75-minute classes from a selection that includes Partner Yoga, Family Yoga, Chair Yoga, Advanced Flow, Yin, Classical Hatha, Stretchy Yoga, and Pranayama /Meditation. Workshops will be led by well-known local yoga instructors Wendy Sadler, Debbie Belkin, Nancy Gerstein, Debbie Muraff, Marcia Bogolub, Suzanne Hagan, Karen Hughes, and Lisa Erens. Each of these teachers leads regular classes at the North Suburban Y, which offers one of the most extensive yoga programs in the area at no additional cost to members.

“We are very excited to welcome the yoga community to the Y for our new, expanded YogaFest,” said Marlo Leaman, NSYMCA Director of Health and Wellness. “It’s a wonderful opportunity for guests to start the year by trying something new that will enhance their yoga practice. The Health Expo will also offer lots of appealing products to inspire a new commitment to wellness.”

Admission to the YogaFest classes is \$40 for YMCA members, \$50 for non-members. Guests may also visit the Health Expo at no charge. In addition, vendor door prizes and a grand prize will be awarded to winning YogaFest attendees. To register in advance, or to learn more about yoga and mind-body classes at the North Suburban Y, visit nsymca.org or call 847 272 7250.



Caption: The North Suburban YMCA will host its second YogaFest and Health Expo on January 11, 2015. The first YogaFest (shown here) in January 2014 drew yogis from all over the North Shore area.

About the North Suburban YMCA

The YMCA is a not-for-profit entity and relies on donations to make services available for all families and individuals in its 15-city region. All board members are volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served the northern suburbs of Chicago for over 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that address the needs of our diverse community and are accessible to all. For more information or to make a donation, contact Barb Flanagin at 847-272-7250 or bflanagin@nsymca.org, or visit www.nsymca.org.