



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

YMCA Launches Private Yoga and Mind/Body Lessons

Northbrook, IL: September 2015 – The North Suburban YMCA is expanding its extensive Yoga and Pilates program with new one-on-one lessons, beginning this fall. These new private lessons enhance the experience of students of all levels, by providing intensive guidance and support. The fee-based lessons complement the wide assortment mind-body group classes for adults and youth at the Y, most of which are free of charge to members.

The Yoga program at the North Suburban Y has grown rapidly in recent years, thanks in large part to the expertise of the Y's instructional team. All of the Y's yoga instructors have, at a minimum, RYT-200 certifications from the Himalayan Institute, Yoga Alliance, Moksha Yoga Center, and Chicago Yoga Center, and most have received additional specialty certifications. The Y's staff also includes a certified Pilates instructor and two physical therapists. Students can experience classes in Hatha Yoga, Vinyasa Flow Yoga, Lunar Yoga, Chair Yoga, and Therapeutic Yoga, as well as specialized classes for children and teens. All the classes are offered in studio spaces at the Y's 80,000 square foot facility, located at 2705 Techny Road in Northbrook.

"We are very proud to offer such a varied program with such wonderful instructors," noted Megan Vazquez, Wellness Director at the NSYMCA. "The new one-on-one lessons will be a unique opportunity for individuals to be introduced to yoga in a private setting, or to improve their practice with focused guidance."

To arrange private Yoga or Pilates sessions at the North Suburban YMCA, contact Megan Vazquez at [mvazquez@nsymca.org](mailto:m vazquez@nsymca.org) or call 847 272 7250.

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.



Photo Caption: The North Suburban YMCA now offers private fee-based lessons with its expert staff of professional yoga instructors.