



NORTH SUBURBAN YMCA
2705 Techny Road
Northbrook, IL 60062
www.nsymca.org

For More Information Contact:

Nancy Gerstein
Creative Marketing Associates, Inc.
Nancy@cmacreative.com
www.cmacreative.com
847 401 0384 (direct)
@CMAchicago

FOR IMMEDIATE RELEASE

**Sheraton Northbrook to Host "YogaFest 2013";
Proceeds to Benefit North Suburban YMCA's Mind/Body Programs**

Northbrook, IL: November 2013 – The Sheraton Northbrook will be transformed into a holiday zen center as members of the yoga community attend YogaFest 2013. The event, designed to help attendees "de-stress for the holidays" will be held on Saturday December 7 from 9am to 3pm. YogaFest 2013, which is open to the public, will feature local merchants, live music and a diverse selection of yoga workshops. Admission price is \$25 which includes all workshops, with proceeds benefitting the North Suburban YMCA's Mind/Body Programs.

Showcasing some of the area's top veteran yoga teacher/presenters, YogaFest will highlight various styles of yoga practices in five 50 minute classes designed for all levels. The offerings include workshops with Debbie Belkin --Holiday Vinyasa ("linking breath to pose") at 10am; Debbie Muraff --Vinyasa Flow at 11am; Rebecca Kaghan --Kinesiology (mechanics of body movements) Yoga at 12pm; Jamie Kanner --Hip Hop Yoga at 1pm; and Wendy Sadler --Anusara ("flowing with grace") Yoga at 2pm.

Exclusive area merchants will also be on hand promoting their unique mind-body holiday gifts and include Debbie's Designs, Inc, Ross's Boutique, Arbonne, Daisy Fitness Wear, Rebecca Kaghan, Chrio One Wellness Centers, and Simply Wicked Art. Live music by Louis Zagoras, and opportunities to win door prizes will also take place throughout the afternoon. Food and beverages will be available for purchase .

"This is a perfect time for the local yoga community to get together for some holiday de-stressing, shopping, and practice. We're excited to bring several different styles of yoga together in one enlightening afternoon," commented Jill Narens, Event Coordinator.

To register, contact the NSYMCA at 847-272-7250, or visit www.nsymca.org. Tickets are available at the door. For more information contact Jill Narans at jill@specialkidsnetwork.org or Marlo Leaman at mleaman@nsymca.org.



Photo Caption: The Sheraton Northbrook is sponsoring YogaFest 2013 on December 7, 9am-3pm, featuring a day of yoga workshops, mind-body merchants, music, and lectures.

About the Sheraton Northbrook

Sheraton Chicago Northbrook Hotel is a new, full-service hotel with a cutting edge design and concept. Situated in the heart of Chicago's prestigious North Shore, we are on Willow and Waukegan road, accessible to many highways (I-294 & I-94), 15 miles from Chicago O' Hare International Airport and just 18 miles from downtown Chicago. 161 deluxe guest rooms offer the generous comforts of a master bedroom and oversized bath, just like you enjoy at home. An expansive work area with commanding views and complimentary High Speed Internet Access help maximize your productivity and comfort. A concierge level and lounge are available as well. For more information visit

<http://www.starwoodhotels.com/sheraton/property/overview/index.html?propertyID=3134>

About the North Suburban YMCA

The North Suburban YMCA is a not-for-profit entity and relies on donations to fund capital improvements and transform the facility. All board members are community volunteers, who donate their time, talents and financial resources. Located at 2705 Techny Road in Northbrook, the YMCA has served area families in its fifteen-city region for 45 years. The Y is about youth development, healthy living, and social responsibility, providing programs and services that meet the needs of our community and are accessible to all. For more information or to make a donation, call Barb Flanagan at 847-272-7250, bflanagin@nsymca.org, or visit www.nsymca.org.