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PARA HOSTS "YOGA DAY USA" WITH CERTIFIED YOGA INSTRUCTOR

Tuscaloosa, Ala. - The Tuscaloosa Park and Recreation Authority will observe national "Yoga Day USA" at the Mary Ann Phelps Center from 11:30 a.m. to 1 p.m. on Saturday, January 27, 2007. The center is located at 2200 Rock Quarry Drive next to the Rock Quarry Elementary School. A free yoga class will be offered to the general public.

The purpose of "Yoga Day USA" is to raise community awareness and understanding of benefits of yoga. The class will be taught by Linda Dunn, a certified yoga instructor. Dunn has been an instructor for 8 years and continues to go to workshops and other training opportunities to broaden her knowledge about yoga.

According to www.YogaDayUSA.org, this exercise has been determined by scientific research to be good for your mind, body and soul. Yoga helps with a few of the following conditions: stress relief, weight management, cardiovascular conditioning, and flexibility.

"We encourage everyone to bring their friends and family. Yoga can be enjoyable to anyone from young adults to seniors. Participants should bring their yoga mats if possible. This class will be taught in the community room which overlooks peaceful Lake Tuscaloosa", said John Tilley, PARA Program Supervisor for Leisure Services.

For more information on this event please contact John Tilley, Leisure Program Supervisor at 205/562-3230.

The Tuscaloosa County Park and Recreation Authority is a county wide non-profit agency funded by the city of Tuscaloosa, the city of Northport and Tuscaloosa County, whose mission is to provide safe, clean, and beautiful facilities, parks and open spaces, along with professionally managed leisure activities for all people and to enrich the quality of life, provide economic value, and encourage long-term community stability and growth. Through strong partnerships, we will achieve exceptional services and foster an atmosphere of cooperation, trust, and innovation to better serve our community.

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