



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

BEAT THE WINTER BLUES

HEALTH, WELL-BEING & FITNESS

Yoga Retreat

Day/Time: Saturday, February 25 9am-2pm

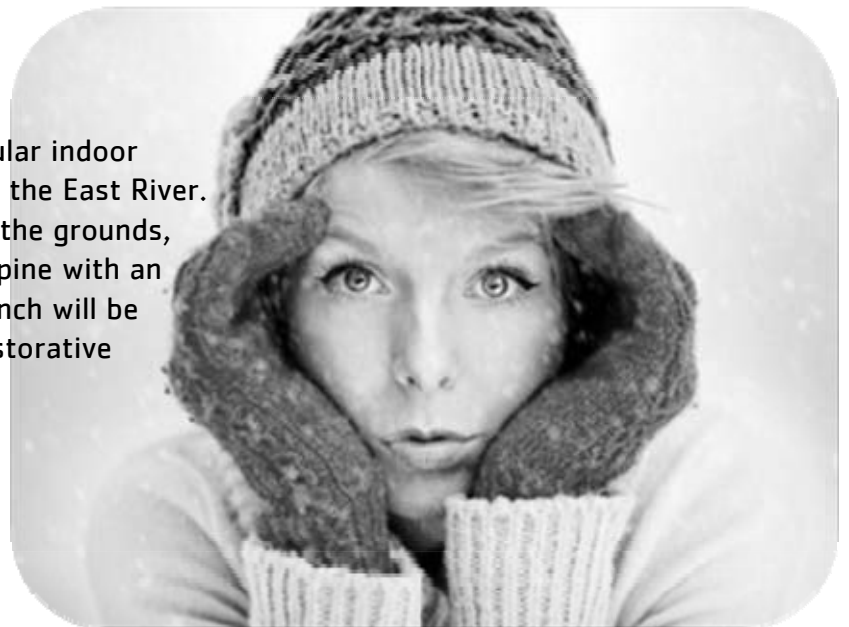
Location: 409 Sandberg Lane, Cardinal

Fee: Members: \$8

Non-Members: \$14

Registration deadline is February 22.

Begin the day practicing yoga in a spectacular indoor studio that opens onto large oak trees and the East River. After a brief intermission and walk around the grounds, tone your core and bring balance to your spine with an uplifting Pilates mat class. A nourishing lunch will be served and the day will close with some restorative yoga postures.



MATHEWS FAMILY YMCA

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