

FOR IMMEDIATE RELEASE:

May 30, 2019

CONTACT:

Laurie Metanchuk, Director of Community Affairs
Brittany Kovach, Community Affairs Specialist
630-232-5980 forestpreserve@kaneforest.com

Forest Preserve District of Kane County
1996 S. Kirk Rd., Ste. 320, Geneva, IL 60134
www.kaneforest.com



Attend Hatha Yoga at Creek Bend Nature Center, this summer

GENEVA, IL — Find your inner stillness and balance this summer with our evening hatha yoga series at Creek Bend Nature Center.

Instructor Jennifer Falbo-Negron, RYT-500, will guide participants to connect to their body, mind, and spirit in the natural setting of the nature center. Each one of the eight sessions will include varied poses, flows, breath awareness, relaxation, and meditation.

This class is for all levels -- beginners to advanced. Wear comfortable clothing that enables you to stretch without restriction and bring a yoga mat. Other supplies can be ordered at class, if desired. Some portions of the class may be outdoors, weather permitting.

Sessions are scheduled for June 12, June 19, June 26, July 3, July 17, July 24, July 31, and Aug. 7. Each session runs from 6:45 - 8:00 p.m. Advance registration is required. The registration fee is \$96 per person for 8 sessions. Creek Bend Nature Center is located at 37W700 Dean St., St. Charles.

Call 630-444-3190 or email programs@kaneforest.com to register.

For more information, visit www.kaneforest.com or find the District on social media by searching @forestpreserve.

— # # # —