

# Yoga In The Parks

The South/Southwest Circle of Yoga Teachers (SCYT) and various park districts and recreation departments, present a FREE one hour yoga class on week-ends throughout the summer of 2009! Come and find out what yoga is all about, and prepare your mind and body for the week ahead. (Please bring a yoga mat, and/or a large towel).

<u>Date</u>	<u>Host</u>	<u>Location</u>
June 7 6:00pm	Tinley Park Park District (Instructor: Mike Furmanek)	Centennial Park 7800 W. 167 <sup>th</sup> Street, Tinley Park
June 13 10:00am	Midlothian Park District (Instructor: Mary Beth McDermott)	Kostner Park 150 <sup>th</sup> & Kostner
June 20 10:00am	Chicago Heights Park District (Instructor: Mary Kudlo)	Commissioners Park 311 N. Chicago Road
June 21 11:00am	Palos Heights Parks & Recreation (Instructor: Alice Markel)	Memorial Park 76 <sup>th</sup> Ave & Route 83
June 28 6:00pm	Palos Heights Parks & Recreation (Instructor: Mary Lynn Colosimo)	Memorial Park 76 <sup>th</sup> Ave & Route 83
July 12 9:00am	Evergreen Park Recreation Department (Instructor: Mary Ann Zellmann)	Yurich Fields 89 <sup>th</sup> & Kedzie, Evergreen Park
July 19 6:00pm	Palos Heights Parks & Recreation (Instructor: Paula Gardner)	Memorial Park 76 <sup>th</sup> Ave & Route 83
July 26 10:00am	Palos Park Recreation (Instructor: Donna Furmanek)	The Village Green 8901 W. 123 <sup>rd</sup> Street
July 26 6:00pm	Lan-Oak Park District (Instructor: Mike Furmanek)	Lan-Oak Park 180 <sup>th</sup> & Arcadia, Lansing
August 2 4:00pm	Homewood-Flossmoor Park District (Instructor: Cecily Hunt)	Indian Trails Park Reigel & Willow Road, Homewood
August 9 10:00am	Burbank Park District (Instructor: Mary Ann Zellmann)	Stevenson Park 6100 W. 85 <sup>th</sup> Street
TBD	Mokena Park District (Instructor: Marcia Egan/Izzy Caputo)	Oaks Recreation & Fitness Center 10847 LaPorte Road, Mokena