



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NORTH SUBURBAN
YMCA**
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FOR IMMEDIATE RELEASE

Transformational Yoga Breath Workshop at YMCA Ignites Energy and Potential

Northbrook, IL: As a complement to its extensive variety of yoga and mind-body classes, the North Suburban YMCA will offer a special pre-holiday yoga breathing workshop on November 5 from 3:00-4:30pm. This 90-minute program, led by teacher Nancy Gerstein, introduces participants to the powerful benefits of ancient yogic breathing practices that awaken the yoga student to their highest physical and mental potential.

Yoga breathing practices – *pranayama* - are the most dominant tools available to achieve mental balance, control stress, create a healthy immune system, and lead a more joyous life. The Transformational Breath Yoga Workshop includes:

- Power of the breath exercises
- Invigorating and energetic yoga routines
- Guided immersion into a deep state of meditation
- Techniques to manage stress and increase energy

The yoga program at the North Suburban Y has grown rapidly in recent years, thanks in large part to the expertise of the Y's instructional team. All of the Y's yoga instructors have, at a minimum, RYT-200 certifications from the Himalayan Institute, Yoga Alliance, Moksha Yoga Center, and Chicago Yoga Center, and most have received additional specialty certifications. Students can experience classes in Hatha Yoga, Vinyasa Flow Yoga, Lunar Yoga, Iyengar Yoga, Chair Yoga, and Therapeutic Yoga, as well as specialized classes for children and teens. Most classes are free of charge for Y members.

The Transformational Breath Yoga Workshop will be held November 5 from 3:00-4:30pm at the North Suburban YMCA, 2705 Techny Road in Northbrook. Open to all level students, registration for the workshop is \$25 for NSYMCA members, \$35 for non-members. Attendance will be limited to a maximum of 35 participants. To register online, visit nsymca.org.



About the [North Suburban YMCA](#)

The North Suburban YMCA serves 15 northern suburbs of Chicago, and for over 48 years has provided programs and services that address youth development, healthy living, and social responsibility every day. Working together for good is who we are: An association of people united in a common effort to help individuals become healthier, more connected, and confident. There is no other nonprofit quite like the Y: We have the national and local presence and partnerships to not just promise, but deliver, positive change, making sure that everyone, regardless of age, income or background has the opportunity to learn, grow and thrive. For more information, visit nsymca.org.