



January 13, 2010

Contact:
Becky Booker
Communications Manager
205/562-3220 ext. 35
bbooker@tcpa.org

MEDIA ALERT

PARA'S PHELPS CENTER SITE OF YOGA DAY USA CELEBRATION

TUSCALOOSA, Ala. -- The Tuscaloosa County Park & Recreation Authority's Phelps Center will host Yoga Day USA event on January 23 at the Phelps Center located at 2200 Rock Quarry Drive in Tuscaloosa. The event is free and open to the public.

The one-day activity is part of a nation-wide celebration to raise awareness about Yoga.

8:30 a.m. Registration

9-10 a.m. Yoga practice for beginner students (options for all levels)

10-10:30 a.m. "Living Healthy by Choice" presented by Dr. Sarita Elizabeth Cox

10:30-11 a.m. Pranayama and Savasana for experienced yoga students

Linda Dunn, ERYT and Dave Donaldson, RYT will teach classes which are open to teens, adults and seniors. Participants ages 8-14 must be accompanied by a parent.

Please bring a yoga mat and wear comfortable clothing to practice yoga.

For more information please visit www.yogadayusa.org.

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