



Parks, Recreation & Culture Department  
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## PRESS RELEASE

**PENTICTON STEPS OUT  
ACTIVITY SERIES CONTINUE WITH....**

**EXPLORE YOGA  
on International Yoga Day  
January 28<sup>th</sup>, 2006 – 10:00 – 11:30 am**



Explore Yoga on International Yoga Day, Saturday, January 28th! All around the world people are celebrating Yoga Day and creating opportunities for everyone to discover Yoga!

The Penticton Community Centre and the South Okanagan Yoga Association are celebrating International Yoga Day too by offering you a class from 10:00 - 11:30 am on January 28<sup>th</sup>.

Yoga is a great way to safely stretch, strengthen, breathe, and even relax! If you or a friend are curious about yoga and want to give it a try, come out and experience for yourself the benefits of yoga. SOYA will provide assistance to every participant during the class, and help you find the right Yoga Teacher for you.

This class is only \$5, and free for Penticton Steps Out participants. Remember, an hour and a half of yoga is equal to 6000 steps! So come out and explore yoga with us Jan 28th, 10:00 am to 11:30 am in the Theatre Foyer at the Penticton Community Centre. To register call 490-2426

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MEDIA: For more information or an interview – contact:  
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