

FOR IMMEDIATE RELEASE

ATHENS CULTURAL CENTER TO SPONSOR FREE YOGA CLASSES FOR KIDS AND SENIORS

Athens, New York—April 25, 2007—The Athens Cultural Center will sponsor free yoga classes for kids and seniors in conjunction with YogaMonkey yoga studio and the Rivertown Senior Center, both in Athens. Regardless of your age, take yoga and learn to move with childlike abandon. Both classes will be led by Nita Sacks-Stekette, who founded the YogaMonkey studio in Athens and is a popular local yoga instructor.

For Kids:

For kids, Nita's playful approach to yoga develops coordination, concentration and self esteem. It's fun, creative and most important, a positive learning experience for everyone involved. Kids classes, which will be held every Monday starting May 7th, run for seven weeks in May and June and will be held at YogaMonkey, 7 Second Street, across from the Athens Cultural Center. Children 8 years old and up are eligible. Space is limited, so register in advance by calling 518-253-5838 or email Nita at yogamonkey@netstep.net.

For Seniors:

Yoga can help seniors feel better, move with greater flexibility and balance, and think with keener focus and awareness. Stretching, deep breathing and relaxation techniques can help seniors remain healthy and active. Seniors in all stages of fitness can participate as most of the class is held sitting in chairs. The classes run for eight weeks in May and June starting May 3rd and are held from 10:30 to 11:30 am at the Rivertown Senior Center, located at 39 Second Street, in Athens. For registration, call the Rivertown Senior Center at (518) 945-2700 or email Nita at yogamonkey@netstep.net.

About the Athens Cultural Center

Located in the historic village of Athens, the Athens Cultural Center is a not-for-profit space that encourages artists, writers, musicians and performers in the Hudson Valley. The Center is housed in an Egyptian revival storefront on the Village's main street, a few blocks from the Hudson River. For more information, visit us at www.athensculturalcenter.org.

Media contact:

Nora Adelman (518) 945-2866