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FOR IMMEDIATE RELEASE

YOGA CLASSES START SOON!

Choose a single session or enjoy an outdoor Saturday morning series

Wheaton, Ill., May 14, 2015 – Cantigny Park today announced yoga opportunities for enthusiasts and beginners alike. The following sessions will be led by Kim Cuenca, Certified Yoga Instructor:

- **Sip and Stretch**
Wednesday, May 27
Education Center, 10 to 11 am
Relax with a cup of tea as you practice yoga. The focus of this session will be on maintaining a healthy back. Cost: \$12. Parking free.
- **Rise and Shine Yoga**
Saturdays: June 6, 13, 20 & 27 (four sessions)
Cantigny Grounds, 7:30 to 8:30 am
Let the beauty of Cantigny and gentle movements awake your mind, body and soul. After class on June 20, stay for the art festival! Cost: \$48. Parking free.
- **Evening Sunset Yoga**
Wednesday, June 17
Cantigny Grounds, 7 to 8 pm
Unwind from your day, taking in the sights and sounds of nature while practicing gentle yoga. Cost: \$12. Parking free.

Registration is required for each class. Sign up online at Cantigny.org or call 630.260.8162. Cantigny Park members receive a 10% discount.

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About Cantigny Park

Cantigny Park, part of the Chicago-based Robert R. McCormick Foundations, is the 500-acre Wheaton estate of Robert R. McCormick. It is home to the McCormick Museum, First Division Museum, formal gardens, picnic grounds, walking trails and a Visitor Center with banquet and dining facilities. More information, including hours, directions and upcoming events is online at Cantigny.org. Cantigny Golf, adjacent to the park, features a 27-hole championship golf course, full-service clubhouse, Cantigny Golf Academy and the 9-hole Cantigny Youth Links. For more information, visit CantignyGolf.com.