



Felician Village

2005 Division Street Manitowoc Wisconsin 54220-5652
T 920 684 7171 F 920 683 9292 www.felicianvillage.org

For Immediate Release

Date: March 31, 2008

From: Jennifer Meyer, Housing Coordinator/Marketing Assistant (684-7171 Ext 361)

Headline: **Felician Village Offers Yoga Class**

The Gardens at Felician Village is offering a yoga class every Tuesday from 1pm – 1:45 pm beginning April 8. All classes will be held in the Glab Lounge at The Gardens at Felician Village, 1700 S. 18th St., Manitowoc.

Participants will learn basic yoga movements and techniques. The class will be taught by Trudy Van Da Huvel, a certified yoga instructor, and is geared toward senior citizens but people of all ages are encouraged to take part in the class. Participants are asked to wear comfortable clothes and shoes and to bring a mat. Chairs are also available for those who need one.

The class is \$2 per session. Pre-registration is required and can be done by calling 684-7171, ext. 402.