

FOR IMMEDIATE RELEASE

December 11, 2006

McAllen Chamber offers Free Yoga Class



McAllen—The McAllen Chamber of Commerce is offering a free yoga class designed for beginners on Tuesday, January 9, 2007, at McA2 Creative Incubator. This event is part of the Cultural Arts & Entertainment Series, a compilation that has been organized to focus on numerous activities that aim to provide an educational awareness relating to the culture and art that surrounds our community.

Feeling stressed! Then this class is for you! Yoga can help you relieve stress, improve overall health and well being, and provide a sense of calmness and centeredness. Resident artist of McA2 Creative Incubator, Irma Burr will instruct this beginner's class and guide you through some basic yoga poses. Bring a yoga mat or large towel.

Burr a certified instructor in creative journal Expressive arts holds a Master Degree in Education and a BA in Psychology. She is also a certified instructor in "Let it go yoga" for children and Reiki for beginners.

So mark your calendar for Tuesday, January 9, 2007, at 7:00 pm at the McA2 Creative Incubator, located at 1001 S. 16th St., McAllen. The class is open to people aged 16 plus and is free. Space is limited so register early. To register for the class or for more information, please contact Rita Perera or Nidia

Gonzalez at 956. 687.2787 or visit our website at www.mcallenchamber.com or
todaymcallen.com