



PRESS RELEASE

FOR IMMEDIATE RELEASE

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YOGA AT THE YMCA IS FOR ALL

GREENVILLE, OH (December 19, 2007) – The YMCA of Darke County in Greenville is excited to announce the addition of Juls Cecchino to the Fitness Staff. Juls will be teaching instructional Yoga. The purpose of Yoga is to unite the body, mind and spirit through a personal and private journey. That is done through a variety of stretches, asanas (poses and postures) and breathing techniques. The benefits include the relaxation of muscles that have been tightened by inactivity, stress or tension as well as the correction of posture problems and an increase in range of motion and flexibility. Juls will be able to provide individualized attention to participants regardless of age, size, gender, or previous knowledge of Yoga. Proper body alignment and techniques will be taught through the use of straps, blocks, weights, counter weights, and the participants own body.

Juls Cecchino comes to the YMCA of Darke County highly recommended from the YMCA in Monmouth, Illinois. She has a passion for Yoga and has been practicing for the past twelve years. She underwent intense instruction under her master Pushpah J Mehta, formerly of India. Juls has been an instructor for the past three years at the YMCA in Illinois, was a substitute for Master Mehta at the Monmouth College, taught classes at OSF Holy Family Clinic and Hospital, and has conducted private sessions. Juls is a registered nurse with a specialty in surgery. Her medical experience allows her to provide a more holistic approach to her Yoga sessions.

Juls will be teaching one session of Yoga during the Winter I Session. Her class will be from 8:00-9:00 am on Saturday morning beginning on January 12. This class is free for YMCA members and will be \$48 for all others. The Darke County community currently has the opportunity to try out some of the YMCA's most popular classes, including Juls' Yoga class. Now through the New Year the YMCA will be offering free fitness classes. The public is welcome. For classes, dates, and times call the YMCA at 548-3777, stop by to pick up a schedule or go to www.ymcadarkecounty.org.

The YMCA of Darke County is a non-profit membership association of over 5,800 members with facilities in Greenville and Versailles. The mission of the YMCA of Darke County is to develop the whole person – spirit, mind and body – through character development programs that reinforce Christian principles and that build strong kids, strong families and strong communities.

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