



MEDIA RELEASE

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TEAMING UP FOR MIND, BODY AND NATURE

River Bend Yoga to host sunset fundraiser benefiting Nature Institute

FOR IMMEDIATE RELEASE

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Godfrey, Ill- The inspiring views atop the bluffs at The Nature Institute drew in the co-owners of River Bend Yoga Vicky, Delaney and Janet Keffer, for a new opportunity. Nestled in between the birds and the Mississippi River, they knew this spot would be a great opportunity to bring unique yoga sessions all while offering a change to give back to the community.

Yoga mats in tote, Delaney and Keffer created "Sunset Yoga Fundraiser" to benefit The Nature Institute's (TNI) mission of raising awareness and an appreciation of the natural world through preservation, restoration and education. This class is a donation based class with all proceeds benefiting the environmental organization. The next session will be on Friday, July 22 at 7:30 p.m. behind the main TNI office building located at 2213 South Levis Lane in Godfrey, Ill. These sessions are open to all levels of experience and will be led by Delaney herself.

Guests are encouraged to bring a mat; however, River Bend Yoga will have a few on site to loan for those that don't have one. Delaney also recommends bringing a bottle of water, bug spray and anything else that might help your comfort level.

"Being outdoors with a beautiful view, all of your senses wake up- scent, sight and touch in particular. These senses activate the parts of the brain that make you feel more present", Delaney boasted about the benefits of an outdoor yoga session.

She continued, "As we become more fluent in processing a sensory experience, it morphs into a sensuous experience which helps us focus and zero in on the now".

Delaney encourages those interested to, "donate what you can and enjoy this beautiful scenery while doing your mind, body and spirit some good too."

River Bend Yoga and The Nature Institute have also teamed up for a monthly full moon celebration. Every month, River Bend Yoga starts with a celebration session focused around the "Chandra Namaskar" or Moon Salutation. Each class is \$10 for adults and \$5 for children. These sessions are completed before TNI's free program, the "Moonlight Hike" sets out into the preserve.

Yoga is a mindful practice with a history dating back thousands of years. Yoga does more than burn calories and tone muscles, it deepens breathing and meditation for relaxation. River Bend Yoga's goal is to bring affordable yoga to the entire community. All instructors from River Bend Yoga, located at 202 State Street in Alton, Ill, are certified and Yoga Alliance registered to insure a safe and meaningful practice.

For more information on the "Sunset Yoga Fundraiser", full moon celebration or more, contact River Bend Yoga at (618) 610-7558. Find a complete studio class schedule at www.RiverBend-Yoga.com.

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