



TriYoga with LQ

1341 Main St, OTR

TriYogawithLQ.com

You know what they say...move it or lose it!

Rotarian, Laure Quinlivan, is offering a free, half-hour yoga experience to warm up Rotarians (and guests) signed up for our hands-on service project April 19. Her new yoga studio is across the street from the Woodward Theatre at 1341 Main St. Easiest parking for the yoga studio and Woodward Theatre is the new Ziegler Park garage at 1322 Sycamore, 1 block away.

The yoga will be gentle, appropriate for beginners and any fitness level. You'll learn stretches and breathing techniques to de-stress and relax. Wear clothes for exercise (sweat pants, yoga pants, whatever) and bring your own mat, if possible. Laure will have yoga mats available at the studio for those who don't have their own—please let her know if you need a mat when you RSVP.

You won't get hot and sweaty with this yoga sampler experience. However, if you want to change clothes before our service project begins, the yoga studio has a nice bathroom. Arrive at TriYoga with LQ studio between 4:45 and 5 pm and yoga class is from 5:00 to 5:25. Then, we walk across the street to the Woodward.

RSVP: 513-520-4809 or laurequinlivan@gmail.com

Yoga studio website: www.TriYogawithLQ.com