



# Active Edmonton's SPECIAL EVENT

## Be an Athlete in the Sport of Life activity series

**Active Break:** Yoga

**When:** Wednesday, March 24, 2010  
12:10 – 12:55 PM

**Where:** City Hall; City Room (main floor)

**Event Details:** Active Edmonton wants to support your journey as you train to be an athlete in the sport of Life! Take time out for yourself and join us at City Hall to get energized and release the day's stress – a perfect midweek gift for your body, mind, and soul!

**Who:** This activity is for everyone. No experience required. **All levels welcome!**

**Equipment:** No mats or equipment required.

**Dress:** Comfortable clothing for movement activity and stretching is recommended.

**Cost:** A non-perishable donation to the Edmonton Food Bank encouraged

**For more information contact:**

Dot.laing@edmonton.ca

780-496-1144

[www.edmonton.ca/activedmonton](http://www.edmonton.ca/activedmonton)

