



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

SOOTHING THE SOUL AT SUNSET



**AUGUST 24, 2011
5:00 PM -9:00 PM
CAMP SHERWIN**

The Glenwood Y and Camp Sherwin are collaborating for an evening! The holistic event will include Qi-Gong, Pilates, Yoga, Walking Meditation, Yoga-dance, Aqua-dance and Guided Imagery.

- Dinner may be purchased through Whole Foods Co-Op
- Child care will be provided
- Please bring your own yoga mat, although some will be provided

We will end the evening with a bonfire!

EVENT IS FREE AND OPEN TO THE PUBLIC.

REGISTRATION IS REQUIRED AT GLENWOOD OR CAMP SHERWIN!

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