

**August 24, 2011**

**News Release**

*For Immediate Release*

**Ozark Greenways Fundraiser: "Yoga on the Trail"**

In celebration of International Yoga Day, join Ozark Greenways for a yoga fundraiser on the historic James River Bridge on Galloway Creek Trail! A yoga class will take place right on the historic iron bridge, with gorgeous views of the James River from all sides. It is open to anyone who would like to participate.

**Date:** 9 – 10: 30 a.m., Saturday, September 10

**Place:** Galloway Creek Greenway, on the Historic James River Bridge

Taught by Abbe Ehlers and Sally Larson (RYT-500 certified), this is a class for all skill levels, even beginners. Kids under 10 are welcome as long as they are with an adult. Participants are asked to bring a yoga mat. There will be limited parking, so carpooling is highly encouraged. Parking will be available on the east side of the bridge, and overflow parking will be available at the Missouri Department of Conservation's Southwood Access boat ramp. For 15 minutes before the event starts, there will be a shuttle from Southwood Access to the bridge, otherwise there will be a walking time of about 10 minutes from the parking lot to the bridge.

Cost is a suggested donation of \$15 to Ozark Greenways. A matching grant for all donations will come from sponsors, including Dynamic Body. Rain date will be the following morning, with the same details.

See the organization's website for a map and information about activities: [www.ozarkgreenways.org](http://www.ozarkgreenways.org)

For more information, contact: Terry Whaley, Ozark Greenways, (417) 864-2014 office / 840-9756 cell or Lori Tack, Ozark Greenways, (417) 864-2015 office / 429-8716 cell