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PRESS RELEASE

WILLOWBROOK PARKS AND RECREATION DEPARTMENT
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(630) 920-2251

Just Once Guitar for Busy Adults

If you have always wanted to learn how to play the guitar, but were never able to find the time for lessons, you will want to mark down Wednesday, November 10 from 6-9:00pm. The Willowbrook Parks and Recreation has arranged for Josh Huff to teach Just Once Guitar for Busy Adults. This one- time 2 ½ hour class will teach you to play chords on the guitar so you can start playing your favorite songs right away. If you have wanted to learn guitar but the time and money involved in private lessons has kept you away, then this class is for you. You don't need know anything about music or the guitar to attend this class. Just Once Guitar for Busy Adults is designed for the absolute beginner and the emphasis is on fun, not technical perfection. The class will teach you some of the common mistakes that people make and the hurdles that prevent them from learning the guitar. Don't forget to bring your acoustic guitar!

Yoga in the Morning

There is yoga for all bodies and for all ages. Yoga gives you inner strength, more flexibility and a greater sense of well being. Our experienced teacher will lead the way to heighten your awareness through breath and through poses. Mark your calendars and come join us for next class starting on Monday, November 11 or Thursday, October 28 with the Village of Willowbrook Parks and Recreation Department! Don't forget to bring a yoga mat and belt or towel for stretching!

Yoga in the Evening

Can't make the early morning yoga class? Then try Yoga in the Evening for all the stretching, breathing and relaxation techniques to help you calm down after a stressful day. The rewards and benefits include greater physical capacity, enhanced mental awareness and renewed sense of balance. Bring your yoga mat and a towel to help start your evening being relaxed. Join us for your next class starting on Thursday, October 28.

Stott Pilates

Through the use of exercise and innovative equipment, Stott Pilates is an anatomically based approach to the original exercise method. It emphasizes neutral alignment, core stability and peripheral mobility. Pilates is an exercise option for everyone. Designed to develop a strong core while maintaining loose, limber limbs, the exercises provide multiple variations to meet the needs of different body types. Sign up today for the next class starting on Wednesday, October 20.

For more information on these activities, as well as others offered by the Willowbrook Parks and Recreation Department Fall Fun Guide, please call calling (630) 323-8215 or go online at www.willowbrookil.org.