crofton YOGA

FOR EVERY BODY

May 14, 2007

Media only: Amy Kehs   (202) 309-5543
             Jacci Reynolds   (410) 451-4464

Crofton Yoga Gives Back to NICU Support Organization

"Crofton Yoga Gives Back," a program at the Crofton Yoga Studio that supports the community through various programs, is holding a "Yoga & More Party" on Saturday, June 9 to benefit Isabel's Gift, a non-profit organization based in Anne Arundel County that supports families with babies in the Neonatal Intensive Care Unit. The proceeds from this event will go to support the Isabel's Gift program at Anne Arundel Medical Center's NICU.

Join staff and students on Saturday, June 9 for Yoga, Pilates and Belly Dancing classes as well as a silent auction and an art and crafts sale from Noon until 5 p.m. All events are free but a $5 donation is recommended per class.

"Supporting our community has always been important to the staff and students at Crofton Yoga and is a great way for us to practice yoga off the mat," said studio owner Jacci Reynolds, "Isabel's Gift is very close to our hearts because it was started by one of our own students and it has already supported and comforted several in our prenatal classes."

Isabel's Gift is a nonprofit organization dedicated to supporting families with babies in the Neonatal Intensive Care Unit (NICU) and provides them compassionate assistance in their most desperate hours, with

- the practical items needed to endure long hours waiting by their child's bedside;
- the "intangibles" necessary in a time of crisis - information, emotional support and a listening ear; and
- a supportive community of caring they can rely on in their time of need.

For a schedule of events for the Yoga & More Party please visit www.croftonyoga.com or call the studio at (410)451-4464.

For more information on Isabel's Gift and how you can help visit www.isabelsgift.org or call (443) 562-6303.

Crofton Yoga, a Kripalu Affiliated Studio, is located at 2411 Crofton Lane, Suite 21 in Crofton, MD.

# # # #