



NEWS RELEASE
North Olympic Library System
2210 South Peabody Street
Port Angeles, WA 98362

FOR IMMEDIATE RELEASE

Date: 1/23/14
Contact: Jina Felton, Circulation Lead
360.417.8500 x 7719 or jfelton@nols.org
Re: Get Moving! Yoga at NOLS

On Thursday, February 6 at 8am, certified yoga instructor Alicia Dawn Potswald will lead an introductory yoga class at the Port Angeles Main Library of the North Olympic Library System. This class is the second program in the library's 2014 *Get Moving!* Series, and will be held in the library's "Living Room" before the building opens for regular use. The class is free and open to all ages, and is suitable as an introduction for those new to yoga, or as a workout for the more experienced. Participants are encouraged to bring a yoga mat if they have one.

The regular practice of yoga can have many health benefits, including greater flexibility, improved posture, strength building, and stress reduction. Alicia Potswald has been practicing yoga for ten years, and learning about the yoga "asanas" and how they heal and benefit the body. Specializing in therapeutics, Alicia blends Hatha, ashtanga and iyengar methods in a vinyasa or "flow" like motion. As a dynamic duo of certified yogis, Alicia and her partner Ethan Strahan, serve extensively in the local community, teaching at locations such as SARC, senior and retirement homes, Stretchy Strong Feel Good Yoga, Renaissance Massage and Wellness, and in private homes.

Throughout 2014, the Port Angeles Main Library will offer monthly events as part of the *Get Moving!* series. These fun, no-stress, cost free, sampler classes provide opportunities for healthy living novices, and initiates, to explore new fitness activities, such as non-impact dance

aerobics (NIA), biking, and hiking. During the spring, self-guided “poetry walks” will blend exercise and nature in a lyrical way.

Whatever your healthy living interests, the North Olympic Library System collection has something for you. Plan a hike, prepare for a wilderness excursion, design a fitness routine that meets your individual needs, learn new techniques, change your diet, or just ‘stretch’ your mind by reading! To find these and other materials on healthy living, visit www.nols.org or ask library staff for assistance.

All of the *Get Moving!* events are being offered for free to the public with the generous support of the Port Angeles Friends of the Library. The Port Angeles Main Library is located at 2210 South Peabody Street. For more information on this and other up-coming events, go to www.nols.org and click on “Events” and “Port Angeles” or call 360.417.8500.



Alicia Potswald

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