

PICKING UP GOOD VIBRATIONS AGAIN (page 20)

metro



Max 74°

Min 58°

NEW YORK

Monday, June 25, 2012



Mind & body

DUBLIN'S KENDRICKLEY 88

Free rooftop yoga

Alignyo, a yoga website and newsletter, is sponsoring a free rooftop yoga series to raise awareness for Christy Turlington Burns' organization Every Mother Counts. All ages and abilities are welcome to attend this Tuesday and Thursday's sessions, from 7-7:45 a.m., on the roof of **Reebok Sports Club/NY (160 Columbus Ave.)** and **The Sports Club/LA-Upper East Side (330 E. 61st St.)**. You must pre-register to secure your spot at www.alignyo.com/sky-high. The first 100 people to sign up will win a yoga mat, and refreshments will be on



67%

67 percent of Americans are not able to make time for themselves at least once a day.

Source: Keurig & Brew Over Ice Beverages

hand.

"The main focus of Every Mother Counts is to raise awareness and educate the public about preventable maternal mortality globally," Turlington Burns says. "Alignyo's free yoga classes will help us achieve our mission." ● MEREDITH ENGEL