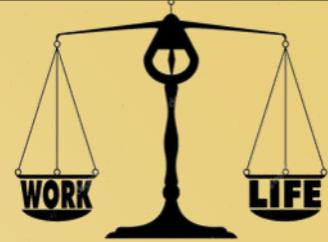


# Join the Lake County Bar Association



on Tuesday, April 30, 2019 at 5:30 p.m.

## for a 1.0 hour Yoga Retreat With Brittany Buzea



Brittany, the daughter of a Football Coach and a Nurse Practitioner, has always felt a gravitational pull towards physical activity and wellness. Through yoga, she has learned to connect the two and bring a sense of balance to all aspects of her life – mind, body and spirit – a true path to peace and happiness. Initially yearning to continue her education and enhance her own yoga practice, she completed a 200 Hour Yoga Teacher Training Certification in January of 2018 with Yoga Mecca.

Soon after completion, she heard the call to actually get out and share yoga with her community. Brittany believes in inspiring people to find a deeper connection in themselves and gratitude for life. She encourages her students to honor their own authenticity, allowing them to feel more present, confident, and free. With an emphasis on exploration and breath awareness, her classes are designed to invigorate the body, calm the mind, and soothe the soul. Brittany believes that when students are pushed to their edge, moving beyond the barriers of the mind, is when they can truly discover who they are – tapping into something so much greater than their expectations.

Please mark your calendar, plan to attend and give yourself the gift of quieting your mind and relaxing your body. All levels of fitness are welcome.

**Date:** Tuesday, April 30, 2019  
**Time:** 5:30 p.m.  
**Location:** Lake County Bar Association  
1078 W. 84th Drive  
Merrillville, Indiana 46410  
**Cost:** No charge for Lake County Bar Association Members  
\$5.00 for Non LCBA Member guests  
**RSVP:** Debra White at [executive@lakecountybar.com](mailto:executive@lakecountybar.com) to reserve your spot. Please bring a yoga mat if you have one; otherwise, there will be some mats available.

This special event  
brought to you by  
LCBA's Wellness  
Committee