

LAKE COUNTY BAR ASSOCIATION YOGA RETREAT WITH JULIE LAZERWITZ

ABOUT JULIE:

After years of body-intensive, high impact exercise, I decided to try yoga 6 years ago. After my first class, I was captivated. Yoga, to me, is the breath of relief you exhale after coming home from a long trip – the solace you didn't know you needed.

Looking back, it completely transformed both my physical and mental state; the inception into my new "being". I became dedicated to the transformative power of yoga and decided to take my practice deeper.

After completing my 200-hour certification in 2017, I have experienced the many benefits that yoga can offer any human. I have now been guiding yoga practice at ONE for two years.

The physical, emotional, and spiritual benefits of yoga have had an incredible impact on my life. For me, yoga is not only about breath, asana (poses) and meditation – but also about understanding and perfecting the ways we interact with others, our environment, and how we deal with daily burdens. My passion is to share these positive experiences through the yoga practice with anyone who seeks them.

I live in Valparaiso with my husband, Mark, and furry friends Zola and Eros. I love being outdoors, gardening, seeing live music, traveling, and spending time with family.



PLEASE JOIN US FOR A
1 HOUR YOGA SESSION

ALL FITNESS LEVELS WELCOME

**THURSDAY JUNE 6
AT 5:30PM**

LOCATION:
LAKE COUNTY BAR ASSOCIATION
1078 W. 84TH DRIVE
MERRILLVILLE, IN 46410

COST:
FREE FOR LCBA MEMBERS
\$5.00 FOR LCBA GUESTS

RSVP:
PLEASE EMAIL DEBRA WHITE AT
EXECUTIVE@LAKECOUNTYBAR.COM
TO RESERVE YOUR SPOT

PLEASE BRING A YOGA MAT IF YOU
HAVE ONE. IF YOU DO NOT HAVE
ONE, THERE WILL BE EXTRA MATS
PROVIDED