

## The Colonial Crossroads Chapter of the American Red Cross and lululemon athletica inc. Partner for Free Yoga Classes

By Colonial Crossroads Chapter of the American Red Cross

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The Colonial Crossroads Chapter of the American Red Cross and lululemon athletica inc. will hold a series of free yoga classes on the lawn of the chapter's Summit house at 695 Springfield Avenue starting June 19th at 9:00am. Classes will be 60 minutes and followed by light refreshments on

the porch of the chapter's house. All classes will be taught by lululemon ambassadors. The class on June 19th will be led by Megan Hait, founder of Blissful Living in Chatham. No reservations are required.

"This is a great class for beginners and first timers, as well as individuals with a more advanced yoga practice," says Hait. "I will be guiding people into a free spirited flowing practice while offering individual corrections to help gain a deeper understanding of certain foundational postures."

"We are delighted to partner with lululemon athletica to offer these free yoga classes," says Christy Hodde, chapter executive director. "Both our companies are committed to promoting healthy lifestyles and we salute lululemon's mission to give back to the community." lululemon athletica is a yoga-inspired apparel company that started in Vancouver BC in 1998. The company now has 100 stores, with a Summit branch located at 382 Springfield Avenue, 517.

"The lululemon showroom in Summit wants to have a positive impact on this area," says Assistant Showroom Manager Marguerite White. "lululemon designs products to encourage people to lead healthy, stress free lives. The Red Cross teaches people how to take care of their health and well being through classes like CPR and First Aid. Blood donors receive a "mini-medical" before donating which can help save a life. This shared focus on enhancing the health of bodies makes this a great partnership."

Following each class, participants will have the opportunity to visit the Red Cross chapter house and learn more about upcoming blood drives and health and safety classes. Class participants who register for a blood drive or class will have their names entered into a drawing to win a lululemon yoga mat and water bottle. Additional classes are scheduled for June 30, July 17 and 28 and August 7 and 18.

About the American Red Cross: The Colonial Crossroads Chapter has served the residents of Berkeley Heights, Chatham Borough, Chatham Township, East Hanover, Florham Park, Long Hill Township, Madison, New Providence, Springfield and Summit since 1917. Local Red Cross programs and services include disaster preparedness education and response services; life-saving skill training such as CPR, First Aid, and water safety; armed forces emergency services, transportation and blood services. To find out more about the local Red Cross, how you can donate your expertise, time, money or blood; or to help your family, business,

or community prepare for emergencies, visit [www.cnnjredcross.org](http://www.cnnjredcross.org)

lululemon athletica inc.: lululemon athletica is a yoga-inspired athletic apparel company that creates components for people to live longer, healthier and more fun lives. By producing products that help keep people active and stress free, lululemon believes that the world will be a better place. Setting the bar in technical fabrics and functional designs, lululemon works with yogis and athletes in local communities for continuous research and product feedback. For more information, visit [www.lululemon.com](http://www.lululemon.com)

**Photo above:** *Blissful Living Founder Megan Hait demonstrates a yoga pose. Blissful Living is located at 580 Main St. in Chatham.*