



*Society for Women  
Environmental Professionals  
Massachusetts Chapter*

**February Event:**

**Saturday, February 7, 2009**

## Yoga Event

Learn some new stress management techniques while exploring the beautiful practice of Forrest Yoga with our instructor, Rimi Chakraborty. Forrest Yoga specifically addresses the physical and emotional challenges of everyday life, teaching students to go deeper, find truth, and take these gifts beyond the mat.

*(See more at [www.forrestyoga.com](http://www.forrestyoga.com))*

**Date: Saturday, February 7, 2009**

**Time: 12-2pm**

**Location: Cambridge Athletic Club, 215 First St. Cambridge, MA 02142**

Parking/Public Transportation: The Cambridge Athletic Club is located near the Kendall/MIT Red Line MBTA station.  
<http://www.cambridgefitness.com/directions.php>

**Cost: \$10 for SWEP-MA Members**

**NOTE: Due to space limitations, this event is restricted to 15 SWEP-MA members only**

**Pre-registration is required.**

**Please reserve your spot for this event by contacting Erin Healy ([ehealy@icfi.com](mailto:ehealy@icfi.com))**

### **Featured Instructor**

Rimi Chakraborty teaches with clarity and intelligence that inspires students and challenges them to go deeper. Rimi teaches from the heart, sharing her passion for yoga to bring greater awareness of mind and body, as well as having fun on the mat. Rimi has practiced various styles of yoga for the past seven years, including Bikram, Vinyasa, Baptiste, Ashtanga, Anusara, and Kundalini. Rimi is a full-time MBA student at MIT's Sloan School of Management and plans to incorporate yoga into sustainable living design.



**PLEASE RSVP to Erin Healy at  
[ehealy@icfi.com](mailto:ehealy@icfi.com)**

**Visit us online at <http://www.swep-ma.org/>**

Interested in supporting SWEP-MA by  
sponsoring this event?  
Please contact Erin Healy

E-mail: [ehealy@icfi.com](mailto:ehealy@icfi.com)