

GATEWAY GAZETTE

SERVING BOYNTON BEACH, LANTANA, HYPOLUXO, ATLANTIS, SOUTH PALM BEACH, MANALAPAN, OCEAN RIDGE & BRINY BREEZES

COMMUNITY

Burckle Place women have night out

Residents of Burckle Place, a supportive housing program designed for single homeless women, recently had the opportunity to spend a night out at Canyon Town Center in Boynton Beach.

Developer GL Homes, a partner of The Lord's Place that runs Burckle Place, organized the evening out in which six of its executives took the women to yoga and meditation at Burn Fitness and dinner at Massimo's Restaurant & Pizzeria.

"We wanted to give the clients of The Lord's Place the tools to learn a new form of exercise and to better understand the mind-body connection through yoga and meditation, GL Homes spokeswoman Sarah Alsofrom said in a news release. "This type of fitness doesn't require expensive equipment or fancy



Above, women from Burckle Place and GL Homes executives took part in a yoga class at Burn Fitness in Boynton Beach. Right, From left, Elsa Nunes of GL Homes, Paige Harrington of GL Homes and The Lord's Place director of Women's Services Val Stanley attended the evening out at Canyon Town Center.

athletic clothes. People can practice yoga and meditation any time and place. Yoga is a journey, not a destination." The Lord's Place CEO Diana Stanley said the night out helped the women learn the importance of self-care.

