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FOR IMMEDIATE RELEASE:

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**SHORELINE SIGHTSEEING AND 105F YOGA STUDIO INTRODUCE  
SUNRISE YOGA CLASS AND OPTIONAL TOUR  
FRIDAY, SEPTEMBER 28**

***Morning includes dockside yoga class followed by optional  
Shoreline Sightseeing Architecture River Tour***

Chicago, IL: Get your day off to a great start when Shoreline Sightseeing and 105F Yoga Studio team up for their new Sunrise Yoga morning event on Friday, September 28.

The morning begins with a yoga class held on the upper deck of a Shoreline boat overlooking the Chicago River. The energizing class will be led by an instructor from 105F Yoga, one of Chicago's premiere yoga studios. Enjoy the yoga class from 8:15 a.m. to 9:15 a.m. Or opt for both the class and an award-winning Shoreline Sightseeing Architecture River Tour departing at 10:00 a.m. An expert Shoreline Guide will share the inside stories behind Chicago's dramatic history and world-famous architecture during this 75-minute Chicago River cruise.

Yoga class and architecture cruise location will be at Shoreline's dock at the NE corner of the Michigan Avenue Bridge (401 North Michigan Avenue).

For information, pricing and tickets, visit <https://shorelinesightseeing.com/special-cruises/event-cruises/>.

**105F Yoga** Founded in 2001, 105F Yoga now has three Chicago locations offering a variety of classes from beginning to expert level as well as special events for all ages.

**Shoreline Sightseeing** is celebrating its 79<sup>th</sup> season on Chicago's waterways. Founded in 1939, Shoreline today operates Chicago's largest and most diverse fleet of cruise boats and water taxis with ten major touring vessels and six water taxis. Brothers Chip and Matt Collopy represent the third generation of family ownership.

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