

Day 3 Preview

Good morning members. Ron here.

The tournament is well underway and gearing up toward a rousing entry to the weekend. In order to remain calm and focus on your inner self and eliminate the inherent stresses and anxieties we carry with us onto the court, this evening you will have the rare opportunity to achieve Pranayama in your play and spectating preparation.

Tonight is Yoga Night! Gunga Galunga!

From 4:30 – 5:00 pm on Court One, Kristin Butler, our own person yogini, will masterfully lead us down the path to total consciousness. So, if nothing else, you've got that going for you, which is nice. Just show up by 4:30 in whatever you're comfortable wearing, with no pad or paraphernalia required, and Kristin will get your Chakra going. Lars, your unitard is optional.

Tonight's meal is authentic Tibetan food from Momo House! We are bringing this in special for this theme night to uplift your sense of taste and fulfill your inner belly. Come enjoy Chicken Tika, Eggplant Curry, Momo Dumplings, Steamed Veggies, and Fried Rice. It's so good! At \$9 it's a bargain. Get it before it's gone! So, meditate on all of that and get on over here for an evening full of enlightenment, food and fun.

Matches start at 5:00 pm. The schedule is packed across the ratings. Everything is interesting. You'll want to be here! Check out [Tournament Central](#) and the [USTA site](#) for all of last night's results and tonight's big line up.

Now take some slow, deep breaths to expand your rib cage, and we'll see you there!

Ron

PS: Thursday night is VolunTirvington in the Ballroom! Terry Folen has lined up a glittering group of volunteer and service organizations to show you what you can do to get involved with helping out in the community. Look for more details in tomorrow's announcements! Thanks!