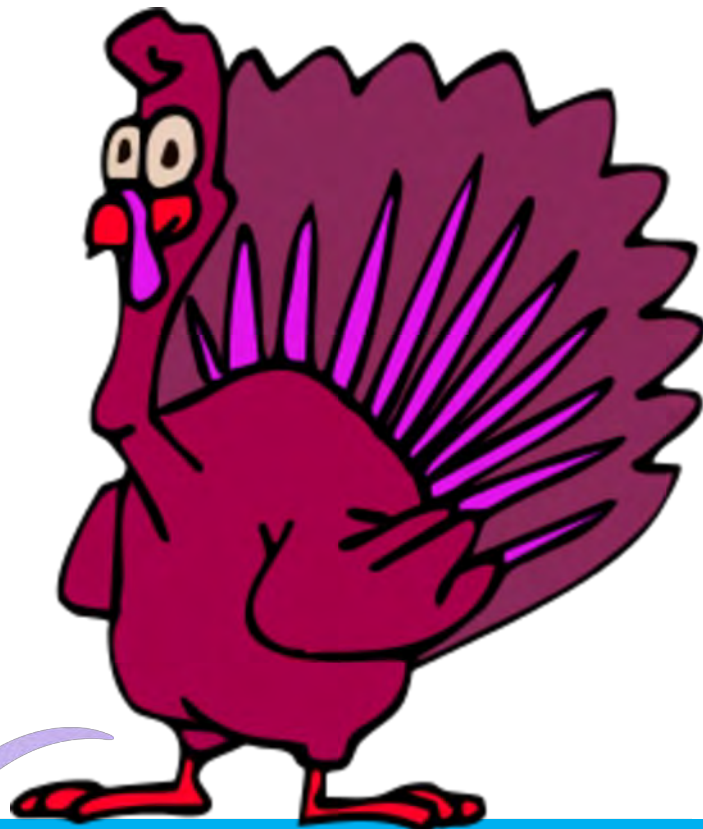


Twist Your Stuffing



Special Twist Class

Sunday, Nov. 26, 2017 10:00 am -12:00 pm

\$35 day of class, \$25 pre-pay

Feeling a little stuffed after Thanksgiving? Come to this special class on the Sunday after and rejuvenate those in-nards. Twists open the chest, relieve stiff backs and — thankfully — are a boon to digestion and the abdominal organs. This class is appropriate for beginning students with some experience in yoga asana.



Instructor: Connie Zdenek

Registration or Questions:

Text 708-557-9997

Email zdenekconnie@att.net

Who Am I?

I am one lucky person who has had the opportunity and ability to practice of yoga with some astonishing senior teachers, including my dearest teachers, Kathleen Wright at Garden of Yoga in Illinois and Kim Schwartz at High Desert Yoga in New Mexico, both students of Ramanand Patel. I have a 500-hour certification with 12 years of teaching experience. My personal practice includes meditation, and I completed the meditation teacher training at the Chicago's Temple of Kriya Yoga in 2007. Continuing education is important to me, and in the last two years I have attended workshops taught by Abhinjata Srinhar, Ramanand Patel, Laurie Blakeney, Bobby Clennell and Janet MacLeod.

