

# Thanksgiving Restorative Benefit Class

Wednesday, November 22, 6:00 – 7:30pm

\$15-20 suggested donation

**Pre-registration required by November 21:**

[kristen.kepnick@gmail.com](mailto:kristen.kepnick@gmail.com), 708-759-4412

Join Certified Iyengar Yoga Teacher Kristen Kepnick for a calming restorative practice before the holiday madness begins.

Proceeds will be donated to

**Sustainable Sharing with Guatemala (SSG)**. SSG is a Chicago-based organization that supports a grass-roots organization working with poor rural communities in Guatemala to create long-term improvements in their health and well-being. Visit [www.sustainablesharing.org](http://www.sustainablesharing.org)

Kristen has been fortunate to visit project sites and can share details and vouch for the effectiveness of these programs.

  
GATHER  
HERE  
WITH  
GRATEFUL  
HEARTS

