

First Friday Restorative Yoga



Looking for that end of the week ahhhhh?

Then come to monthly restorative yoga and unwind. One hour of release and relaxation from the day, week or month -- and still time to enjoy your Friday evening! Connie and Meg will alternate months.



Connie Zdenek began teaching yoga 15 years ago, having studied a traditional Hatha yoga curriculum at Chicago's Temple of Kriya Yoga. More recently she began to study with Iyengar teachers, bringing that great source of wisdom to her practice and teaching. Her practice includes meditation, and in addition to a 500-hour certification, she has completed a meditation teacher training.



Meg Barber has been studying yoga for over 18 years. Besides traditional Hatha Yoga, her yoga teaching experiences include workshops, retreats and women's circles. With her roots in corporate America and her training in energetic therapies, Meg believes that yoga increases wellness while improving the quality of life.



First Fridays
Upcoming dates are
Nov 2, Dec 7, Jan 4
6:30PM to 7:30PM

Garden of Yoga
140 North LaGrange Road-
Suite 17
LaGrange, IL 60525

\$15.00 in Advance
Holiday Special \$15.00
drop in that evening

www.gardenofyoga.net

Call or text Connie or Meg with
questions:

Connie: 708-557-9997

Meg: 708-261-6434