

# Restorative Benefit Class



\$15 suggested donation  
WEDNESDAY, NOVEMBER 21  
7:00-8:30PM



Join Certified Iyengar Yoga Teacher Kristen Kepnick for a calming restorative practice, which is especially important during hectic times like the holidays.

Proceeds from this class will benefit Sustainable Sharing with Guatemala (SSG), a locally based 501c3 that supports programs in one of the poorest regions of Guatemala in the areas of:

- Health
- Agriculture
- Environment
- Education

Kristen serves on the SSG board and visited program sites in Guatemala in 2014.



\*Advance registration requested – contact Kristen:  
708-759-4412; [Kristen.Kepnick@gmail.com](mailto:Kristen.Kepnick@gmail.com)