

# First Friday

## Zoom Restorative Yoga & Meditation

*Join Connie via Zoom for an hour of restorative asana and meditation. All fees will go to the Greater Chicago Food Depository.*

*First Fridays will be on Feb. 5, March 5 and April 2.*

**To participate, email Connie at [zdenekconnie@att.net](mailto:zdenekconnie@att.net).**

*You will need props:  
1 strap/belt, 2 firm blankets, a chair and 2 bricks. Please send your email before noon on the day of class. Those without any yoga experience should email Connie first.*

**Connie Zdenek** began teaching yoga in 2004, 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.



## “First” Friday Virtual Class

**6-7 PM**

Presented by

**Garden of Yoga**

140 North LaGrange Road-  
Suite 17

LaGrange, IL 60525

**\$10.00 minimum**

**Donations will go to  
Chicago Food Depository**

**[www.gardenofyoga.net](http://www.gardenofyoga.net)**