

# **First Friday**

## **Restorative Asana & Meditation**

*“First” Fridays 6 pm – 7 pm CST*

*July 9*

*Aug. 6*

*Sept. 3*

*Cost: \$10 advance registration/\$15 day of class  
Registration required. No drop-ins please.*

*Class will be taught via Zoom, though subject to change depending on circumstances. Limited space may be available at Garden of Yoga for vaccinated students who have participated in class before.*

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

*Please send your email before 4 pm CST on the day of class.*

*You will need props:*

*1 strap/belt, 2 firm blankets, a chair and 2 bricks.  
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.

*Payment can be made via Zelle or Paypal to  
[zdenekconnie@att.net](mailto:zdenekconnie@att.net).*



**“First” Friday  
6-7 PM**

Presented by

**Garden of Yoga**

**140 North LaGrange Road-  
Suite 17**

**LaGrange, IL 60525**

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