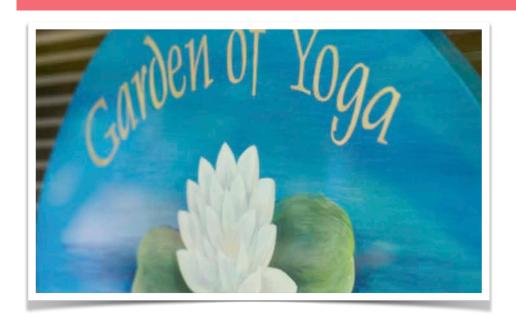
In person-Gentle Yoga 4 class series

Monday 9:45-10:30am

11/14, 11/28, 12/05, 12/12 (must register)



Tuition determined by # of students \$100 base price +

6 students@\$22, 5@\$26, 4@\$33, 3@\$44, 2@\$65

In person studies is a great way to come out into the world and feel nourished in a safe environment. The student will open pathways through movement, and breathe awareness. Self-confidence is revealed in experiencing postural alignment and Earth connection.

Leave rejuvenated! www.gardenofyoga.net









Move with Ease

Build your tool belt of health



Practice=Balanceon the mat and in
Life



Contact:
Donna Prenta,
708-650-2084
dmp518@icloud.com

serving since 2005