In person-Gentle Yoga 4 class series

Monday 9:45-10:30am

11/28, 12/05, 12/12, 12/19 (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**

1. INCREASE YOUR STAMINA/ENERGY
2. FIND YOUR JOY RELAX YOUR MIND
3. BUILD TRUST & CONFIDENCE IN SMALL COMMUNITY

Move with Ease

Build your tool belt of health

Practice=Balance on the mat and in Life

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

serving since 2005