

Introduction to Iyengar Yoga



4 week in-person class series with CIYT Kristen Kepnick
\$50 for the series*
\$15 drop in for students with prior experience

*series registration required for new students

Learn yoga basics through standing, seated and supported poses to:

- **Increase strength, flexibility, and range of motion**
- **Improve balance**
- **Learn breath awareness**
- **Reduce stress**
- **Encourage better sleep**

Iyengar Yoga takes a vigorous, yet safe, approach with clear instruction geared towards people of all ages, health conditions and levels of practice.

4-week Class Series:

Wednesdays, 6 - 6:50pm

December 7, 14, 21, 28

Register prior to attending your first class:

kristen.kepnick@gmail.com

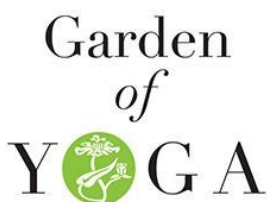
708-759-4412

Why Iyengar Yoga?

Certified Iyengar Yoga Teachers are held to unusually rigorous standards, earning their certification after years of dedicated practice, training, and evaluation by trained, qualified assessors.

The Iyengar Yoga Certification Mark is your guarantee of a yoga teacher who is able to meet you right where you are.

This class is for beginners and others who want to get back to basics and tune up their practice, no prior experience necessary!



Minimum of 5 students registered for the series is required for the class to run.

Garden of Yoga | 140 North La Grange Road, Suite 17 | La Grange, IL 60525 | 708-989-1329