

First Friday

Restorative Yoga & Meditation

October 6, 2023

Friday, 7 pm – 8:15 pm

\$15 in advance/\$18 day of class

Class size – 5 minimum, 12 maximum

The class will focus on asanas with props to encourage space and enable students to cultivate a quiet mind. Class ends with a guided meditation of 5-10 minutes. Both practices will encourage relaxation and contentment.

*To register, email Connie at
zdenekconnie@att.net*

Connie Zdenek began teaching yoga in 2004, having studied a traditional Hatha yoga curriculum at Chicago's Temple of Kriya Yoga. The last decade she has studied 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 the Temple of Kriya Yoga's meditation teacher training.



First Friday

Oct. 6

Upcoming classes: Nov. 3 and
Dec. 1

at

Garden of Yoga

140 North LaGrange Road-
Suite 17

LaGrange, IL 60525

www.gardenofyoga.net