EXPLORE YOGA THIS FALL

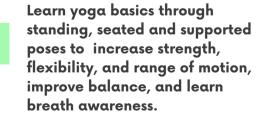


INTRODUCTION TO IYENGAR YOGA

Garden of Yoga 140 N. LaGrange Road, LaGrange, IL Tuesdays, October 10 - 31 6-7pm

> In-person with CIYT Kristen Kepnick \$16 per class or \$60 for the 4-class series*





Beginners and those who want to get back to basics are welcome. Register for the series or drop in at your convenience.



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



Contact Kristen prior to attending your first class: kristen.kepnickegmail.com 708-759-4412



Minimum of 4 students registered for the series required for this session to run.

