

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*



Learn yoga basics through standing, seated and supported poses to increase strength, flexibility, and range of motion, improve balance, and learn breath awareness.

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

Iyengar 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.kepnic@gmail.com
708-759-4412