

# Restorative Benefit Class

\$25 suggested donation

Wednesday, November 22

7:00-8:30pm

Hybrid – via Zoom or in-person at Garden of Yoga



Join Kristen Kepnick, CIYT for a calming restorative practice.

Proceeds from this class will benefit Sustainable Sharing with Guatemala (SSG), a locally based 501c3 that supports programs in one of the poorest regions of Guatemala in the areas of:

- Health
- Agriculture
- Environment
- Education

Kristen is past vice president of SSG and had the opportunity to personally visit program sites in Guatemala.



**All levels are  
welcome!**



Questions? Contact Kristen:  
708-759-4412; [Kristen.Kepnick@gmail.com](mailto:Kristen.Kepnick@gmail.com)

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