

Yoga: Beginner Basics 4 Class Series

Wednesdays 9:45-10:30am

4/09, 4/23, 4/30, 5/7

5/14, 5/21, 6/4, 6/11



Tuition \$85 for 4 Classes

registration due 4/3/25 & 5/8/25

*Intention of body mechanic improvement

*Increase your circulation & strength

*Calm the nervous system

www.donnaprenta.com



New to Yoga?
Receive Support

Commitment to
movement



Contact:

Donna Prenta

708-650-2084

dmp518@icloud.com

There is a depth of relaxation guiding the student towards peace & equanimity.

Donna's caring & gentle approach leads the student towards this space.

She has taught public & private classes since 2005.

She is dedicated to the path of healing.

Garden
of
YOGA

140 North La Grange Road,
Suite 17
La Grange, IL 60525



Explore Balance

Build trust &
confidence in
small community

Class max. 7 students