

Explore Yoga with Gentleness 3 *Class Series

Wednesdays 9:45-10:45am

\$75 for 3 classes ***drop in \$28, 24 hour notice required**



Gentle is defined as moderate, with carefulness, & pause

-Focus of breathe reduces anxiety

-Relaxation of body, resets the nervous system

-Increase your circulation & strength

-Support your home practice

www.donnaprenta.com



***Class Series Schedule**

Nov. 4, 11, 18

Dec. 2, 9, 16



Contact:

Donna Prenta

708-650-2084

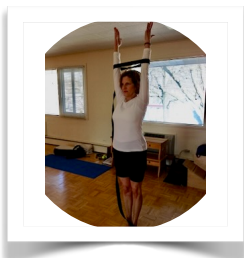
dmp518@icloud.com

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



Register due:
10/29 11/26

***drop in defined
-as a student of
Yoga**

-traveling/visiting

-friend invite

**-searching for a
new Yoga home**