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

RYT 500 yoga ALLIANCE

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

*Class Series Schedule

Nov. 4, 11, 18

Dec. 2, 9, 16

2027
Jan. 6, 13, 20



Contact:
Donna Prenta
708-650-2084
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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.***