



Lunchtime Yoga:

Reset & Recharge

Middy Movement • Gentle Stretch • Inner Calm

Take a peaceful pause in the middle of your day.
This gentle lunchtime yoga class helps you:

- ✦ Release tension
- ✦ Improve posture
- ✦ Calm your mind
- ✦ Restore energy

You'll return to your afternoon feeling refreshed,
balanced, and centered.

What to Expect

- ◆ Gentle stretching
- ◆ Easy flowing movement
- ◆ Breath awareness
- ◆ Relaxation techniques
- ◆ All levels welcome

Instructor

Denyse Cholewa

Certified Yoga Teacher & Reiki Master

Class Series

Mondays:

April 13th, 20th & 27th

May 4th, 11th, 18th & 25th

Time: 12:00 - 1:00 PM

Location: Garden of Yoga

140 N LaGrange Rd, Ste. 17

La Grange, IL

Cost: \$75 for 4 classes

(Cash, Check, or Zelle)

To Register

Call: 708-837-3500