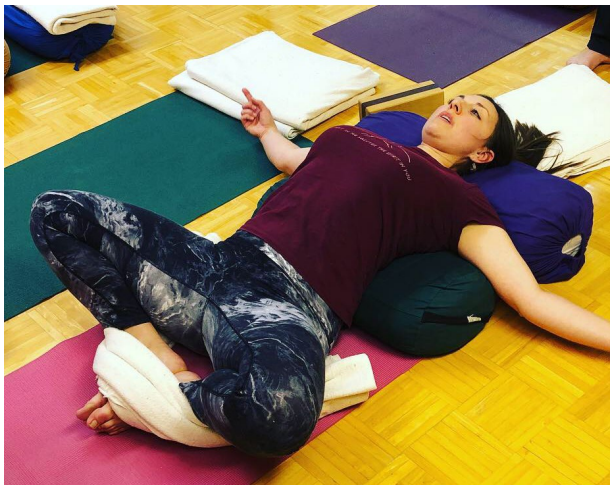
Restorative Benefit Class

IYENGAR YOGA CERTIFIED TEACHER

WEDNESDAY, NOVEMBER 25
7:00-8:30PM
$25 suggested donation





All levels welcome.
Bring your family and friends!

Join us in-person or on Zoom for this calming restorative practice.

Proceeds 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 has been a Certified Iyengar Yoga Teacher since 2015 and traveled to Guatemala in 2014.

Donations may be made through Kristen or to SSG directly via the QR code. Thank you!

Garden of YOGA

*Advance registration requested – contact Kristen: 708-759-4412; Kristen.Kepnick@gmail.com

Garden of Yoga | 140 North La Grange Road, Suite 17 | La Grange, IL 60525 | 708-989-1329