

# YOGA & ACUPUNCTURE EVENT



**Sat Mar 28, 2020**

**2-4 PM**

**\$40 to attend**

**\$30 w/ premier  
membership**

## **Join Becky, Erin & Christine**

Participate in a rejuvenating hour long yoga class with Becky and finish off in relaxation while Erin & Christine give you a group acupuncture session for the final hour. This session will focus on:

- Reducing stress
- Improve mental clarity
- Enhanced digestion

We welcome you to enjoy the benefits of yoga and acupuncture for this amazing event that will leave you rested, relaxed and rejuvenated!

121 N. Main St, Crystal Lake, IL

[www.akashayogacenter.com](http://www.akashayogacenter.com)

Please visit our website or call

(815) 356-7089 to register