



CHAIR YOGA

Yoga for EVERY BODY

Join Krista & Diane at Akasha Yoga Center to experience physical benefits, breath awareness, and relaxation through **chair yoga**.

AUGUST 2020
MONDAYS AND WEDNESDAYS
AT 1:00 PM

\$45 for Full Month

\$10 walk-in

Free to Akasha members



Please contact us for preregistration.

www.akashayogacenter.com | 815-356-7089 | 121 N. Main Street, Crystal Lake IL