



# CHAIR YOGA

**Yoga for EVERY BODY**

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

**FALL 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](http://www.akashayogacenter.com) | 815-356-7089 | 121 N. Main Street, Crystal Lake IL