



Fundamental Yoga

with Kelly Pokharel

An exploration of the sun salutes broken down in easy to digest pieces. Learn the basics of table to downward dog, forward folds, lunging, chaturanga and more. This series is perfect for those newer to yoga, people looking to understand and refine alignment and the safety in postures, as well as those experienced with yoga but looking to be refreshed on the foundation of asanas.

Sundays February 3, 10 & 17

12:30 –1:30 pm

\$20 per entire session - Members

\$40 per entire session - Guests

To register, please visit www.akashayogacenter.com

or call 815-356-7089

Pre-registration and pre-payment welcomed

