

**Date: Friday,
June 21, 2019**

Time: 6-8PM

Fee:

Members: \$10

\$20 Guests

\$25 Day of event

Instructors:

Emilie & Cindy

Summer Solstice

w/Flow Yoga & Restorative

Celebrate the sun during this day filled with the light of summer as a sacred time to pause in the inherent wisdom of the season. The practice of flow gets you going and then holding the yoga postures with restorative will rejuvenate you through the season of the sun!!

A long deep relaxation with a guided meditation can release stress, anxiety, promote healing of the body, mind and rediscover a greater sense of wholeness and balance that is naturally ours.



Preregistration and payment encouraged. No refunds. Please check our website, visit our studio, or call for more information.
121 N. Main St., Crystal Lake, IL
815-356-7089
www.akashayogacenter.com

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