

**Date: Monday,  
December 21, 2020**

**Time: 6-8 PM**

**Fee:  
\$20 Members  
(in-studio)  
\$10 Members (Zoom)  
\$20 Guests (Zoom)**

**Part of the proceeds  
go to the charity of  
the month**

**Instructors:  
Kelly  
&  
Char**

**\*There will not be  
regular classes this  
evening**

# Winter Solstice

## Slow Flow with Restorative & Yoga Nidra

Celebrate the darkness of winter as a sacred time to pause in the inherent wisdom of the season. Connecting with the breath through movement, then, taking time to sink into restorative yoga poses along with a guided meditation can release stress, and anxiety, promote healing of the body-mind and connect you with the deep state of peace that lies within. Rediscover a greater sense of wholeness and balance that is naturally yours.



Preregistration and payment required. No refunds. Please check our website, visit our studio, or call for more information.  
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815-356-7089  
[www.akashayogacenter.com](http://www.akashayogacenter.com)