

A K A S H A

Yoga • Healing Arts • Education

# YOGA FOR EVERY BODY

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

**SESSION 1: JANUARY 6 - FEBRUARY 12**

**SESSION 2: FEBRUARY 17 - MARCH 25**

**MONDAYS AND/OR WEDNESDAYS**

**AT 11:15 AM**

\$48 for 6 weeks - one class per week

\$84 for 6 weeks - two classes per week

\$10 walk-ins

*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