

A K A S H A

Yoga • Healing Arts • Education

YOGA FOR EVERY BODY

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

SESSION 1: SEPTEMBER 10TH - OCTOBER 17TH

SESSION 2: OCTOBER 29TH - DECEMBER 12TH

NO CLASSES THE WEEK OF THANKSGIVING

TUESDAYS & THURSDAYS

AT 1:00 PM

\$48 for 6 weeks - one class per week

\$84 for 6 weeks - two classes per week

Free to Akasha members



Please contact us for preregistration.

www.akashayogacenter.com | 815-356-7089 | 121 N. Main Street, Crystal Lake IL