



Yoga is the practice of gently stretching and limbering the body to increase health, vitality and self-awareness. This Yoga class is designed for both beginning and continuing students. First class is free!

Class Times:

Wednesday 12:30-1:20PM

Saturday 10:45-11:45am

Place:

Island Lake Village Hall

3720 Greenleaf Ave.

Island Lake, IL 60042

Age 14yrs and older

**This is an ongoing class,
join whenever you like!**

8 use punch card

**\$55R/\$60N or pay as you
go \$10 per class**

Instructor:

Denise Jordan

