

# Is This You?



## Shoulder and Neck Sequence

Friday, June 2, 7—9 pm — ***New Date***

\$35 day of workshop, \$25 pre-pay

Learn a sequence to provide relief and benefit neck and shoulders. This sequence can help everyone, whether you have chronic problems or simply sit in front of a computer all day.

Students new to yoga, please contact instructor before signing up.

Instructor: Connie Zdenek

Registration or Questions:

Text 708-557-9997

Email [zdenekconnie@att.net](mailto:zdenekconnie@att.net)



Who Am I?

I am one lucky person who has had the opportunity and ability to practice of yoga with some astonishing senior teachers, including my dearest teachers, Kathleen Wright at Garden of Yoga in Illinois and Kim Schwartz at High Desert Yoga in New Mexico. I have a 500-hour certification with 12 years of teaching experience. My personal practice includes meditation, and I completed the meditation teacher training at the Chicago's Temple of Kriya yoga in 2007.



140 N. LaGrange Rd., Ste. 17  
LaGrange, IL 60525  
[www.gardenofyoga.net](http://www.gardenofyoga.net)