

Gentle Yoga Series

Mondays 4:30-5:20p.m.

\$48, pre-register

\$20 drop-in

1/7, 1/14, 1/21



Garden of Yoga

140 N. LaGrange Rd., Ste. 17
LaGrange, IL 60525

708-989-1329

www.gardenofyoga.net

Connection Compassion Community

Class inspires **connection** & independence. This connection unfolds the ability to trust & believe in your self.

Breathe awareness will encourage **compassion** into the bodies pathways to release tightness & increase range of motion.

To be part of a **community** creates synergy.

The students will integrate purposeful movement of specific areas of the body to encourage healing.

Jan. 7-knees

Jan. 14-balance

Jan. 21-meditation



Donna Prenta

Donna began teaching in 2005, & blends the modalities of trainings in her classes :

Reiki Master, Intuitive, RYT 200, RYT 500

Experience includes private, semi-private & group classes of all ages.