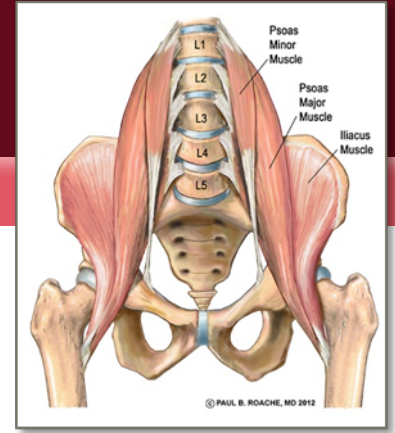


# Get 'Hip' with Open Hips

***Sunday, September 24, 2017***

***\$25 if paid by Sept. 17, \$30 thereafter***

***11:00AM-1:00PM***



**Garden of Yoga**

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

**708-989-1329**

**[www.gardenofyoga.net](http://www.gardenofyoga.net)**

- Experience free, strong and energetic hips, thighs and pelvis
- Explore mula bandha and the movement and discipline of energy through the chakras
- Observe pranayama

**All Levels Welcome!**

Contact Jim for more info: [jshaw@ameritech.net](mailto:jshaw@ameritech.net)



***Jim Shaw*** has studied and practiced Yoga asana and pranayama for four decades. He has taught for nearly twenty years at Garden of Yoga and other locations. Jim's practice centers on Yoga as taught by B.K.S. Iyengar, with whom he was privileged to study in 2005.

Jim teaches children as well as adults at all levels of ability, including a decade-long practice of Yoga for kids with special needs. Jim is registered with Yoga Alliance as E-RYT500.