

Academy of Creative Movement Yoga Presents:

NEW CLASS!

YOGA 3



**“Mobility and Flexibility”
“Strength and Stability”
“Rest and Tranquility”**

NOVEMBER 10-DECEMBER 22

Saturdays, 4:00-5:15pm

\$80/6 Weeks

This is an active, “teacher led” class, for those who have learned the basics in Iyengar Yoga. Iyengar Yoga is recognized for excelling at modifying yoga practices for those with special needs, and in all classes.

No experience necessary.

**Contact: Donna Furmanek, Director, Certified Iyengar Yoga Teacher
Call: 708-256-0077 to register.**



***www.academyofcreativemovementyoga.net
15930 S. 75th Court, Suite 100, Tinley Park, IL***