



Join Us

If you are looking to be challenged and understand more about the principals of alignment, breathing or poses you will enjoy this class. This class is designed to help you tap into your own personal power. Please bring your own yoga mat.

Age: 18Y & Older

Days: Tuesdays

Yoga

Code	Dates	Times	Fee*
213008-01	09/03-09/24	11:15am-12:00pm	\$40
213008-02	10/01-10/29	11:15am-12:00pm	\$50
213008-03	11/05-11/19	11:15am-12:00pm	\$30
213008-04	12/03-12/17	11:15am-12:00pm	\$30

*Walk-in Fee: \$12

Location: Gary Morava Recreation Center



Prospect Heights Park District
110 West Camp McDonald Road, Prospect Heights, IL 60070
847.394.2848 • www.phparks.org

  
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