



Presents

Beginners Yoga Class



**Wednesdays 5:30 – 6:30 pm
&
Thursdays 9:15 – 10:15am**

**New to yoga?
Akasha now offers a beginner's level class
designed to introduce you to the many benefits of yoga.**

Please check our website, visit our studio or call for more information.

121 N. Main St. Crystal Lake, IL 815-356-7089 www.akashayogacenter.com