

Disconnect from the frantic pace of the world and unite with yourself.



**Meditation for Brand New Beginners - An Hour of Bliss You Can't Miss!**

Relaxing candlelight class introducing simple techniques on how to begin meditation, practice that will produce a healthier, happier, more resilient you.



**This 4-week class series offers you instruction on:**

- ☉ Many healing benefits of meditation!
- ☉ Variety of techniques on how to establish a regular, daily meditation practice
- ☉ How to begin easy home practice to foster wellness in daily life
- ☉ How to access mind body connection using meditation and breath work

**Date:** Thursday; 3/3, 3/10, 3/24 & 3/31

**Time:** 7:30 – 8:30 pm (immediately following Yoga Bliss for Busy Women)

**Cost:** \$14 per drop in class; 4-week class pass \$48; online discount option \$45

Drop ins welcome. Call ahead to make sure space is available.

Pre-register by phone at 708-469-7256 or online at [www.unityyogasite.com](http://www.unityyogasite.com).  
Hurry space is limited!

**About Unity Yoga Studio**



Our mission at Unity Yoga is to enhance your health and vitality using the ancient tools of yoga. At Unity, we believe yoga is beneficial to everyone. There are no prerequisites to practice yoga. Unity Yoga Studio is located in a residential neighborhood of LaGrange. It's intimate and inspiring 1,600 square foot studio space has all the appointed conveniences of a larger studio. It's a perfect getaway from the stress of life. You will feel welcomed and pampered upon entering – and calm and peaceful after leaving. Each workshop provides useful tips you can apply to your hectic life for better self-care in areas where you need it the most.



**Come to Unity and experience the many benefits of Yoga.**

**Save  
\$5**

**Bring a Friend and you both  
get \$5 off and a free water  
bottle**

Bring this coupon to class to redeem discount or enter REFER online.

