

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



Yoga Bliss for Busy Women - Take Time to Make More Quality Time in Your Life!

Weekly, one-hour Yoga class demonstrating how to apply the most optimal benefits of yoga in the smallest amount of time. Perfect class to begin or continue a practice that can give your body, mind and life a boost!



This 4-week class series offers you instruction on:

- ☉ How to build a stronger, healthier body using the transformational tools of yoga
- ☉ To be more resilient to stress and learn how to calm the mind in times of chaos
- ☉ Fundamental asana postures to build strength, gain flexibility and increase energy
- ☉ How to bridge mind-body-spirit connection using postures, asana, pranayama (breath work) and meditation exercises

Date: Thursday; 2/24, 3/3, 3/10 & 3/24

Time: 6:15 pm – 7:15 pm

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.

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 when paying online.**

