



GENTLE YOGA IN THE ELWOOD CHILDREN'S GARDEN

Looking to enjoy the beautiful outdoors this summer? You are invited to experience the benefits of gentle yoga, meditation, stress releasing breathing techniques in the beautiful setting of the Elwood Children's Garden Tuesday mornings at 8:30 a.m.

Class will be facilitated by Yoga- Fit certified instructor Jennifer Christiansen. Jennifer has been teaching yoga to a wide variety of audiences for over 20 years. She is passionate about sharing skills, strategies, and tools that promote positive mental health. Come and experience the peace, calm, and flexibility that a gentle yoga class can bring.

What: Gentle Yoga in the Garden

Where: Elwood Children's Garden under the pavilion

Who: Ages 12 & Up. All yoga abilities are welcome, especially beginners.

When: Tuesdays June 16- August 11 (8:30 am – 9:30 am)

Cost: FREE will donation

Note: Please bring a water bottle and yoga mat. There will be extra mats available if you don't have one.

Questions? Contact Jennifer Christiansen

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