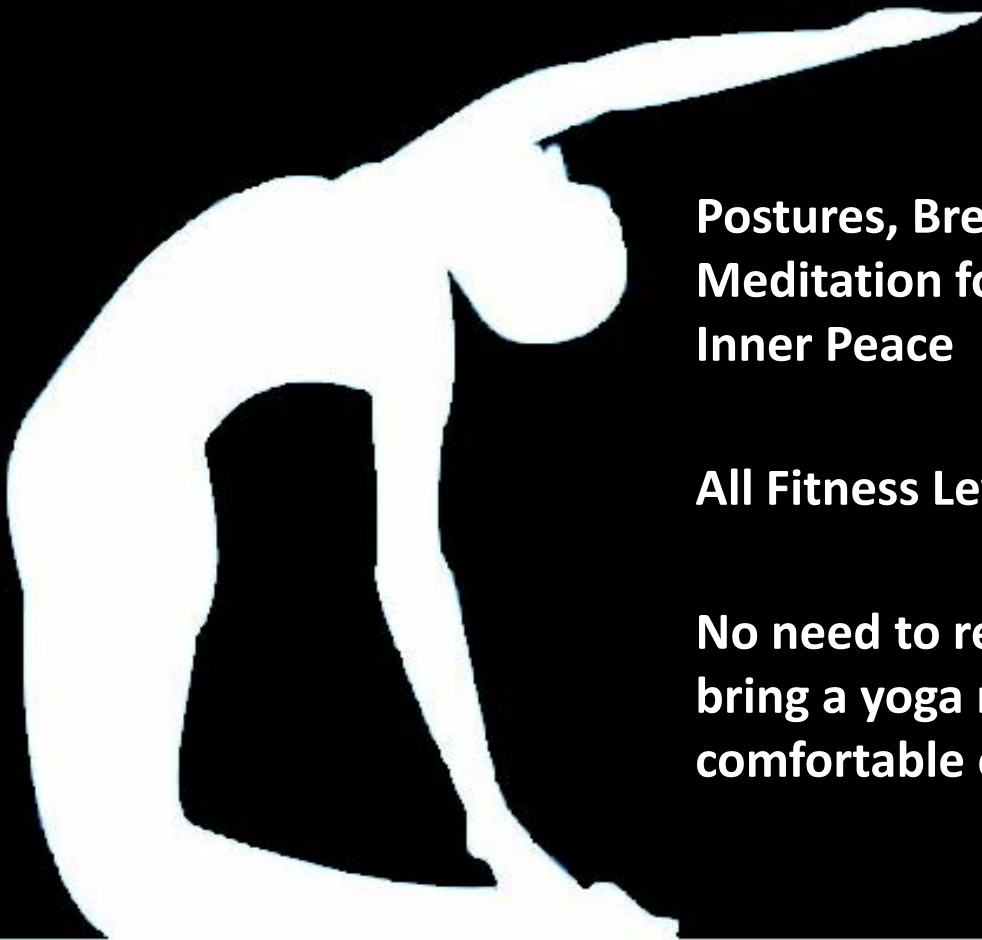


# Community Yoga Class

*Offered by a local Yoga Ashram (YogSadhanAshram-USA.org) & Grace Episcopal Church (GraceChicago.org)*

**Sliding Scale Donation: \$0 - \$15**



**Postures, Breathing & Meditation for Wellness & Inner Peace**

**All Fitness Levels Welcome**

**No need to register, just bring a yoga mat & wear comfortable clothes**

**Mondays from 7:30 to 8:30pm**

**at Grace Place: 637 S. Dearborn St. in Printers Row**

**Near the Red line (Harrison), Blue line (LaSalle), & Brown/Orange/Pink/Purple lines (Library)**

**Questions? Email [YogSadhanAshramUSA@gmail.com](mailto:YogSadhanAshramUSA@gmail.com) or Call 630-450-0253**