



Yoga

Practice Yoga Outdoors this summer!

Join us for a one hour Open Yoga practice on the VFC grounds. We practice classical Yoga including breathing techniques, meditation, vinyasa flow and standing sequences to create flexibility, strength, balance and grounding.

Tuesday mornings 9:00-10:00 a.m.

Begins June 7th

(schedule subject to change and weather permitting)

Bring a Yoga mat and water bottle.

Wear form fitting, comfortable, breathable clothes.

Cost \$5.00 per student

Child Care Provided at \$2.00 per child

Questions? Call Rachel at 708.692.9799

Rachel is a 200 Hour Yoga Alliance certified instructor through Moksha Yoga