



YOGA! YOGA WORKSHOP! YOGA!

When? **Saturday, June 20 10-Noon**
 Saturday, July 11 10-Noon
 Friday, July 24 10-Noon

Where? **In Fox Lake – the Lakefront Park Building**
 I'll send directions if you need them. It is easy to find –
 near the Fox Lake Train station, and overlooking Fox Lake.

Fee? **\$15.00 - For two hours, you ask? YES!**

I'm looking forward to seeing you, as we get those bodies to stretch, to relax, to do all the things we want them to do! So bring someone along, and let's have some great mornings. All workshops are 10-Noon.

So what is a **WORKSHOP????** I haven't a clue. I know it's not work – and I know we won't shop – (although I'll probably have supplements and soy candles!) It's just going to be a longer time than a usual yoga class, so we can spend more time on deep breathing, on stretching, on relaxing, and meditation.

I'll be collecting non-perishable items -- - sample sizes of shampoos, soaps, toothpastes, etc. --- to send to the military troops.

Please RSVP by email or phone. 847 207 0962 (cell) or
 home: 847 546 7190 email:
 marmome@aol.com

Peace, Light and a big HUG, *Marlene*

Note: We will go out for lunch in Fox Lake after the class, if you're interested!