

**HAPPY NEW YEAR!!!!**

# **Winter Yoga Workshops**

**Saturday, January 23**

**Saturday, February 20**

**Saturday, March 20**

**The Workshops are from 10:00-12:00 noon at the  
Lakefront Park Building  
71 Nippersink Blvd., Fox Lake  
Fee \$15  
Please bring mat or towel**

**What a wonderful time to warm our bodies and spirit during these cold weeks. Please note that there will be no Wednesday yoga classes in January and we will resume our weekly Wednesday evenings from 7:00pm – 8:30pm beginning February 3<sup>rd</sup>. The price will remain at \$15.00 for the 1½-hour class. \$25.00 for two sessions. (Pay as you attend. No registration required for weekly classes). We will be meeting UPSTAIRS in the rear meeting room off the kitchenette area. There is a stairwell in the front main part of the building and also a stairwell in the back hallway off the 1<sup>st</sup> floor kitchen.**

**Kindly let me know if you plan to attend the workshops.  
Stay a little longer --- we'll have lunch in Fox Lake after the class!!**

**Thank you -- -and hope to see you soon!**

**Peace, Light, Joy  
Marlene**

**847-546-7190 or cell: 847-207-0962**

**If you need directions, please let me know.**