

Come and Join in the FUN!



Wednesday, February 19th
7:00 – 8:30 pm

Partner Yoga Workshop



What is Partner Yoga? It's a version of yoga where 2 people (they can be friends, family, partners, spouses, ???) do yoga poses together.

What Poses? Easy Ones! (mostly) This workshop is designed so that you'll have fun doing simple yoga poses and stretches together. You'll have to trust each other at times, like leaning into each other or holding onto each other.

Do I need yoga experience? It would help, but is not necessary.

Who is Facilitating? Christine Cipra and Danielle Dvorak will team up to lead and support you in a relaxing, enlightening, and fun evening.

When? Wednesday, February 19th, from 7:00 – 8:30 pm

Where? White Lotus Chiropractic at 1001 Madison St., 1st floor, Oak Park (the corner of Madison and Home), the office of Dr. Gerou, D.C.

Dr. Gerou has a nice-sized room with Yoga mats, so you can just show up or feel free to bring your own mat(s) too. Thanks, Dr. Gerou! You may also wish to check out the Yoga classes regularly offered at White Lotus.

Cost: \$40 per couple. Call White Lotus Chiropractic at 708-383-1200 to pre-register. You can pay by card, check or cash. <http://www.whitelotuschiropractic.com/home>

Your registration and fee is due by Monday, February 17th to White Lotus. After this date the cost will be \$50 per couple, space permitting. Space is limited, so please register early. Recruit a friend!

Questions? Call or email Christine Cipra at 630-689-6880 or ccipra10@yahoo.com — or Danielle Dvorak at 847-323-9188 or danielle@replevyn.com — or White Lotus Chiropractic (info above)

Namaste