

KC-CASA PRESENTS

YOGA FOR HEALING

OPEN TO ANYONE

This healing series is an invitation to an improved relationship with your body and mind through gentle stretches, meditation and attention to the present moment.

4 Week Series begins January 9th

THURSDAYS | 5:30-6:30 PM | @ KC-CASA
1440 W COURT STREET | KANKAKEE, IL

RSVP to yoga@kc-casa.org