

LIVING YOUR YOGA

LIFE CARE WELLNESS

45 S. PARK BLVD, SUITE 200 • GLEN ELLYN, IL 60137

Beginning January 9 2019
Wednesdays at 6:15pm

Together, group members will process and practice yogic principles centered on an intention. The hope is that members will enhance self awareness, deepen breath, adopt present moment focus, and improve quality of life by applying the yogic principles learned on the mat off the mat. No prior yoga experience is required.



Group is facilitated by Jean Tschampa, licensed clinical counselor and certified yoga therapist, and assisted by Stephanie Gutzmer, certified yoga instructor and life coach. Together, they will assist in balancing your body, mind, and spirit so you may live more fully in the present.

FOR GROUP INFORMATION AND REGISTRATION

- Call: (630) 423-5935
- Visit: <https://life-care-wellness.com>
- Email: gutzmer@lifecarewellness.net

Workshop Fee:
\$65/session
(insurance accepted)
