

Grand Opening of Reflections Yoga Center

We are excited to bring a fully integrated Yoga Center to the south Chicago land area. We provide wide range of high quality instruction rooted in the ancient traditions of yoga; health oriented workshops, community events, rejuvenating bodywork as well as a yoga boutique with unique apparel, organic nutrition, and all the yoga products desired.

To celebrate the opening of Reflections Yoga Center, we will be offering

One Week Free Yoga Classes

to the public starting October 26th. Find out more about this fantastic promotion by visiting our website - www.ryogacenter.com

We are open 6 days a week, providing classes from early in the morning until late evening every day. All ages and all bodies are welcome to find the right class for them at Reflections Yoga Center, from young adults to seniors, from beginners to advanced practitioners.

- ◇ **Intro To Yoga**
- ◇ **Hatha Yoga**
- ◇ **Vinyasa Flow**
- ◇ **Therapeutic Yoga**
- ◇ **Gentle Yoga**
- ◇ **Prenatal and Baby & Me Yoga**
- ◇ **Pilates**

Reflections Yoga Center is dedicated and anxious to share the inspiration, healing and happiness yoga brings into our life. We offer an interdisciplinary approach to this wonderful ancient healing art to pursue health and happiness as part of your daily life.

Reflections Yoga Center is opening in October 2009. Our location: 18675 Dixie Hwy., Homewood, (Southgate Plaza)
Our website - www.ryogacenter.com will be published soon. Please check our site for a full description of all classes offered.
Please feel free to contact us with any questions at (708) 960-4996.

