

HOLIDAY YOGA

CERTIFIED YOGA INSTRUCTOR
SARAH CUTRARA



Move your body in gentle ways with yoga instructor, Sarah Cutrara. This slow flow yoga class is a well-rounded practice and will help reduce stress by calming the mind and body, increase flexibility, and restore balance. All levels welcome. Students will also learn well-being techniques and breathing practices to use on and off the mat.

MONDAY, NOVEMBER 27TH

MONDAY, DECEMBER 4TH

MONDAY, DECEMBER 18TH

6PM-7PM

\$10 PER CLASS

Located at the Crestwood Recreation & Wellness Center

708-659-4800

www.crestwoodfitness.com