

# **GUIDED YOGA**

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**Mondays**

**January 13th - February 17th**

**(6-week session)**

**7PM-8PM**

Move your body in gentle ways with yoga instructor, Sarah Cutrara. This weekly 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.

**Instructor: Sarah Cutrara**

Taught by certified 200 hour Registered Yoga Teacher, Sarah Cutrara. Also a 95 hour Registered Children's Yoga Teacher, Sarah teaches children yoga and mindfulness in fun and engaging ways. Teaching and empowering people of all ages to understand how movement, mindfulness and breathing can improve their physical and mental health is so important and needed now more than ever. Sarah is mom to three young boys (so never a dull moment!) and, along with her husband, live in Beverly.

**CRWC**  
CRESTWOOD RECREATION  
& WELLNESS CENTER

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**[www.CrestwoodFitness.com](http://www.CrestwoodFitness.com)**

**6-Week Session: \$55**

**Drop in: \$10 a class**