

YOGA

AT EAGLE RIDGE

A MIMOSA AND MEDITATION MORNING OR WINE DOWN & CONNECT IN THE EVENING

With Lindsay Bodenhofer
“LifeYoga” and meditation workshop

Escape and connect to your energy with our very own “LifeYoga” Instructor, Lindsay Bodenhofer as you “Journey IN to Being”, where you can inhale the scent of essential oils for a stress relieving, mind easing experience.

“LifeYoga” workshop takes you on a transformational journey through meditation, asana (poses), pranayama (breath work), chakra balancing, and affirmations. Step into the true you, find your path, and start consciously living your purpose. *Followed by a free Mimosa in the morning session or a glass of wine for the evening session.*

BYO yoga mats if you like, or we will have a limited supply available. Check out Lindsay's Facebook page “Journey IN to Being”.



Free for Guest and Eagle Ridge Members a \$7 fee applies for homeowners

For reservations, contact Stacy Rehor 815-776-5034

2023 Dates

January 21st	July 8th
February 11th	August 12th
March 25th	September 23rd
April 22nd	October 21st
May 20th	November 11th
June 17th	December 16th

FOR DATES AND FULL EVENT DETAILS, VISIT OUR WEBSITE AT WWW.EAGLERIDGE.COM