



# RESTORATIVE YOGA CLASS

THIS BEGINNER LEVEL, RECLINED YOGA CLASS IS HOSTED BY CHRISTY LENAERS AT NO COST TO FULFILL A REQUIREMENT FOR YOGA TEACHER CERTIFICATION.

Friday November 10, 2023  
2:00PM to 2:45PM

Spots are limited, call the spa direct at  
(815) 776-5772 to reserve your spot today!



STONEDRIFT  
SPA