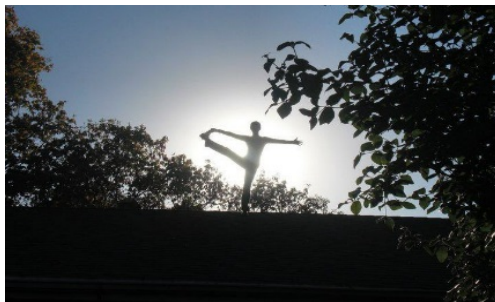


BEACH YOGA at Heritage Lake with Lisa Burnett



- Stretch out your body, mind, and heart with us on **Saturday October 8th at 9:00 AM until 10:15 AM at the public beach!**
- We will enjoy a **traditional Yoga practice** with a few modifications to open up to the sky while staying grounded on the beach.
- **All levels are welcome** - Lisa has been teaching Yoga for 12 years and practicing for 25! She will help you find the depth in each pose that's right for you.
- **Bring your own mat and towel, water bottle, and a light, soft eye covering. Dress in layers!**
- Come, enjoy and have fun! There is a **\$10.00 fee** to be paid to Lisa.
- Contact **Joni Staley** @ joni_cowden@hotmail.com, 309.397.6137 (text works) for any questions! I am also on the Heritage Lake Facebook page!

Namaste

