

Outdoor Summer Yoga at Tau Center

with Patti Essig, Certified Instructor

Take your yoga practice outdoors and be inspired by the beauty of nature. The yoga sequence taught is a blend of breathing techniques, simple stretches, and gentle yoga postures, enabling the body to release deep layers of tension and inviting connection of body, mind, and spirit.

Patti Essig is a certified second level Amrit Yoga teacher and has been teaching yoga and presenting wellness workshops in the Chicagoland area since 2001.

Online registration is not available for this offering.

This program is limited to 20.

Pre-registration is requested: to register contact Patti Essig: 630-355-7103

- \$15 - drop-in
- \$65 - 5 classes

For more information: www.yogaenergy.biz

Saturday from 9:00 - 10:15 a.m.

Outdoor at Entrance 5, Tau Center (*weather permitting*)

- Saturday, June 19 & 26
- Saturday, July 3, 10 & 24
- Saturday, August 14, 21 & 28
- Saturday, September 4, 11, 18 & 25

Bring your own yoga mat and whatever you need for comfort.
In the event of inclement weather, class will be held via Zoom.

PLEASE NOTE:

Tau Center remains closed to in person gatherings until September 23rd.

There will be NO ACCESS to restrooms or other amenities for this offering.

Collaborative program between Tau Center and Yoga Energy