



YOGA

WHEN

**Every Wednesday
7:30-8:30**

WHERE

**TheraCORE
Lockport**

**16622 W 159th Street Suite 503
Lockport, IL 60441**

Discover the benefits of yoga with this relaxing, yet energizing whole body workout. Yoga emphasizes alignment, developing both strength and flexibility in order to create long, lean muscles and improve your overall health. Take charge of your own healing process by being attentive to the message the body is sending and responding accordingly.

WWW.THERACOREPT.COM

ALL LEVELS WELCOME

Modifications can be made to meet the needs of all experience levels.

INSTRUCTOR

Chad Novak

COST

\$12 per class or purchase a package of 8 for \$80



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