



Elemental Center Yoga

JOIN RICKIE KOSTINER (M.A,E-RYT) FOR A GENTLE FLOW YOGA

Weekly on Mondays beginning May 3rd
5:15 pm | \$20/class | via zoom

AN OPPORTUNITY TO BREATHE AND MOVE IN COMMUNITY

A yoga mat or non-slip surface is all that is needed to participate.

**FOR REGISTRATION & MORE INFO EMAIL:
RKOSTINER@ELEMENTALCENTER.COM OR CALL: (708)364-0580**

ELEMENTAL
CENTER

Martins A. Adeoye, MD DFAPA and Associates

www.elementalcenter.com/

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