

YOGA FOR ALL

Unwind from the week - Friday classes at 7:00 pm



Gentle postures, deep
relaxation, meditation

Beginners are welcome! www.anandaliina.org



Ananda Liina Yoga and Meditation Center
2308 N. High Cross Road, Urbana, 61802

Call to reserve your place: 217-344-6386, www.anandaliina.org