



Start 2022 the right way!
Stretch your mind & body.
Relax. *Feel good.*

Create Calm Yoga



Sundays - January 9, 23, and 30
1:30-2:15 pm

Take a break from worry, anxiety and stress. Stretch your body and your mind with mindfulness and movement.

Inclusive

Virtual

No prior experience required

FREE to ILO Self-Advocates and ILO Community Group members.
Go to: <https://www.ilonow.org/ilo-community-group> to become a member.
A Zoom link will be emailed to you the day before the class.

[Register Now](#)