

# **Spring Into Yoga**

## **at St. James Presbyterian Church**



**Beginners welcome!**

**Saturday mornings from 9:30-11:00AM  
at the corner of Rockwell and Albion**

Please wear comfortable clothes and bring your own mat,  
(we only have a couple of extra mats to loan out).  
Class is held in the main sanctuary, so come in the front doors.  
Drop in price is \$10.00 a class, 1st class **FREE** to new students.  
6 classes for \$50.00. Hope to see you there!

**St. James Presbyterian Church**  
6554 North Rockwell Street (at Albion)  
<http://www.stjameschicago.org/learn.htm>

**David Wallin Yoga Guidance**  
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<http://wallinyoga.com/>