

# OPPORTUNITY KNOCKS STAFF & BOARD **YOGA**



## Friday, September 30th

**2:30pm-3:30pm: All-levels CorePower Yoga Class**

*\*please plan to arrive by 2:15PM*

Join your fellow OK staff and ABOD members for a special CorePower yoga class in Oak Park. This event is FREE to OK staff, ABOD members, and friends! Yoga mat rental \$2, free if it's your first time visiting the studio!

**C1 -Core Power Yoga 1 - unheated + no humidity + beginner friendly**

Unroll your matt for an invigorating full-body flow where you'll explore the postures and fundamental principles of Vinyasa yoga. Set to inspiring tunes, this foundation-building class will work every muscle through movement and breath of a moderate but intuitive pace.

855 Madison St, Oak Park

RSVP to Jeni at [jeni@opportunityknocksnow.org](mailto:jeni@opportunityknocksnow.org) by Friday, September 24th