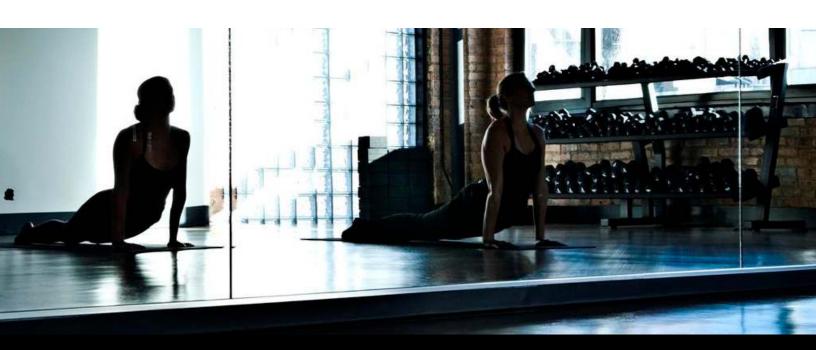


OPPORTUNITY KNOCKS YOGA



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 by Friday, September 24th