

AA Illinois District 18 Activities Committee Presents



YOGA AND BREATH WORKSHOP
SATURDAY • JULY 25TH

A white silhouette of a person in a yoga pose (Padmasana) is centered within a circular frame. The background of the circle is a vibrant, multi-colored rainbow gradient. The text 'YOGA AND BREATH WORKSHOP' is written in red, uppercase letters along the top arc of the circle, and 'SATURDAY • JULY 25TH' is written in blue, uppercase letters along the bottom arc.

Come experience ways to simply enhance step 10/11 experiences

Certified through Kyria Temple, Chicago in 2003, Lisa M. has been teaching for over 20 years in studios, businesses & privately.

Central Service Office (CSO)

409 Broadway Unit C-1, South Roxana, IL 62084

1-3 pm • Doors open @ 12:30

Water will be provided • Bring your own mat

The Activities Committee is a self-supported group. We are not given a budget from AA District 18. We do accept donations from individuals and groups. If you think what we do is good for AA, please contribute. Be sure that it's marked for the **Activities Committee**. Thanks!