

# New "Coffee Express" Yoga

30 MIN YOGA EVERY TUESDAY AND THURSDAY AT 7:30 AM AT  
YOGA HAPPENS HERE. BEGIN YOUR DAY WITH A PRACTICE OF DEEP  
BREATHING, STRETCHING, YOGA, AND A SHORT MEDITATION.  
CLASSES ALSO INCLUDE A CUP OF COFFEE OR TEA FROM CJ'S CAFE TO  
GIVE YOU AN EXTRA MORNING BOOST!



\$10 PER SESSION. DROP-IN, NO REGISTRATION NECESSARY.  
405 COURT STREET, PEKIN. BEGINS THE WEEK OF 4/2/18.