



YOGA CLASSES

ALL LEVELS WELCOME!

PRE- FALL SESSION 5 WEEKS!

At the Bridgeview Park District



🍁 Mental Clarity 🍁 Emotional Agility 🍁
🍁 Sustainable Performance

About the Session

ALL LEVELS YOGA

This class is designed for experienced yogis ready to deepen their practice and build upon foundational knowledge. Expect a dynamic flow that links breath with movement, incorporating more challenging poses, longer holds, and creative transitions to increase strength, flexibility, and balance. Students will be encouraged to explore variations, refine alignment, and cultivate focus and control throughout the practice. This class moves at a steady pace and is best suited for those comfortable with basic yoga poses and mindful sequencing. Come prepared to challenge yourself, stay present, and elevate your practice.

MONDAYS | OCTOBER 19TH – NOVEMBER 16TH
6:30P.M. AGES: 15 AND UP | \$55 PER SESSION

Beginner Yoga

This class is perfect for those new to yoga or looking to revisit the basics. We'll gently explore foundational poses, focusing on breath and mindful movement to build strength, flexibility, and confidence. Expect a supportive environment where you can move at your pace, ask questions, and enjoy the process of learning. No experience needed—just come as you are!

THURSDAYS | OCTOBER 22ND – NOVEMBER 19TH
6:30P.M. AGES: 15 AND UP | \$55 PER SESSION

About the Instructor:

Kim Hernandez is a certified yoga instructor with over a decade of experience teaching Hatha Yoga in the Garfield Ridge and Clearing areas of Chicago. Inspiring her first yoga teacher, Kim completed her RYT 200 at The Temple of Kriya Yoga in 2017 and later earned her RYT 500 at Pranayoga in Lisle. She has taught a wide range of classes including chair yoga, prenatal, mom & baby yoga, for athletes restorative, and yoga for girls. Kim is passionate about introducing new students to yoga and creating a safe, fun, and supportive environment for all.



SCAN ME



REGISTER NOW!

ONLINE OR IN PERSON

NAMASTE

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www.bridgeviewparkdistrict.com