

# Outdoor Summer Yoga at Tau Center 2023

Led by Patti Essig, Certified Instructor

Take your yoga practice outdoors and be inspired by the beauty of nature. The yoga sequence taught is a blend of breathing techniques, simple stretches, and gentle yoga postures, enabling the body to release deep layers of tension and inviting connection of body, mind, and spirit.

Patti Essig is a certified second level Amrit Yoga teacher and has been teaching yoga and presenting wellness workshops in the Chicagoland area since 2001.

*Phone registration is requested:* to register contact Patti Essig: 630-355-7103

Online registration is not available for this offering.

- \$18 - drop-in
- \$70 - 5 classes

For more information: [www.yogaenergy.biz](http://www.yogaenergy.biz)

**Saturday from 9:00 a.m - 10:15 a.m.**

- **JUNE: 17 & 24**
- **JULY: 1, 8, 22, 29** *No class July 15*
- **AUGUST: 5, 12, 19** *No class Aug 26*
- **SEPTEMBER: 2, 9, 16, 23, 30** *Via zoom only for Sept 23*

MEET AT ENTRANCE 5 parking lot (*outdoor, weather permitting*)

Bring your own yoga mat and whatever you need for comfort.  
In the event of inclement weather, class will be held via Zoom.

**PLEASE NOTE:**

*There is NO ACCESS to the building or restrooms for this offering.*

*Collaborative program between Tau Center and Yoga Energy*