

Yoga Club with Christine through I AM Community

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and **I AM Community**

4 Sessions

Wednesdays from 5:30-6:45 pm

May 3rd- 24th

at the Gorecki Center.

Wear your comfy clothes and bring a yoga mat or towel, water, and 2 blocks if you have them.

Not a drop in class, please register!

\$40 for the 4 week series

All ages and abilities are welcome.

Class size limited to 20- Register Soon!

Register at www.iamcommunity.org or
email info.iamcommunity@gmail.com



A little about Christine Schlenker

I have been practicing yoga for about 15 years. Digging into the practice due to frustrations with relationships, running a business, and how I was handling stress. It was a way I could be in the moment and unwind tension in my body, while trying to navigate day to day. And then I wanted more understanding of the teachings. I have experienced changes in how I think about things and how I take care of my body and mind, and wanted to learn the philosophy of why yoga works. In 2020, I completed 200 hours of teacher training through the lineage of Desikachar, which then I realized how much I still didn't know. So I have been studying with my teacher and cohorts the Bhagavad Gita and currently the Yoga Sutras. I have also completed further training in Yoga for All, to bring more inclusivity and body positivity to the practice. Yoga is something each person needs to experience to see what it does for them. It can be a beautiful practice to use for your lifetime.

