

BETHEFLOW WELLNESS PROGRAM

SATURDAY MORNINGS

START DATE:

SATURDAY, SEPTEMBER-15-2018

MEDITATION 9AM

YOGA 10AM

FITNESS 11AM

ADULTS, TEENS AND CHILDREN
(YOUTH AGED 9-14YRS OLD MUST
BE ACCOMPANIED BY AN ADULT.)

PARTNERSHIP WITH CYO MARYVILLE ACADEMY

Meditation helps you to slow down your breath, quiet your mind and find peace.

Yoga helps relieve stress and anxiety, sharpens concentration and increases mindfulness.

Fitness is one of the most effective ways to improve your mental health.

AUGUSTUS TOLTON PEACE CENTER

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