

Angelic Restorative Yoga

Relax and let the angels do the work!



Jill's motto is "All Angels All the Time" and she can help you connect with, see, feel and hear your loving angels with simple and easy to use spiritual tools.

Saturdays

April 14

May 12

June 9

10:30-11:45 am • \$30



S O L A C E
A G A T H E R I N G P L A C E

5225 Old Orchard Rd, 24-B
Skokie, IL 60077
www.truesolace.org



Angelic restorative yoga is a harmonious blend of gentle yoga poses merged with healing angel energy.

Relax your body in nourishing and restful yoga poses.

Calm your mind with nurturing, deep breathing.

Restore your spirit with healing angel energy.

Receive a personalized angel card reading and a loving infusion of relaxing angel energy in each restorative yoga class.

All levels welcome. Namaste.

allangelsjill444@gmail.com | www.jillkempnerhealing.com