

Private Lessons with Gabriel Halpern



Take advantage of this great opportunity to study privately with one of the Chicago's most reputable and knowledgeable yoga teachers. For forty years, Gabriel has continued his personal practice and study which shows as artful demonstrations of the poses, clear and easy to follow instructions, refined hands on adjustments, innovative prop work, and his specialty...therapeutic modifications for those with injuries or chronic conditions. You will also learn how to apply yoga philosophy off the mat and take it into your daily life.

- Individual sessions are for 75 minutes and cost \$125.
- As a special offer to Generations Yoga, bring a friend and split the cost of a lesson for only \$150.
- Limited spaces are available so sign up ahead of time to insure you won't miss out. Call 847-919-0533 to reserve your space.
- Dates: April 20, May 18, June 22, July 20, & Aug. 17.
- Times: 8am 9:15am 10:30am 12 noon 1:15pm.