

Cassie's 2018 Public Yoga Class Schedule

I will be subbing Power Flow at Eb & Flow Yoga Studio:

Friday, August 23rd @ 6:15am

SPECIAL EVENTS

I will be teaching a **Free** Journey Into Power class (heated) at YOGGIC on Thursday, August 23rd. This studio is located in the Lakeview neighborhood of Chicago: 3110 N Sheffield Ave, Chicago, IL 60657. Sign up via mindbody or thru the studio's website!

Thursday, August 23rd @ 6pm (Journey Into Power)

<http://yoggic.com/schedule/>

I will be teaching a **FREE** Yin Yoga community class at **Eb & Flow Yoga Studio** located in Chicago in the neighborhood of Wicker Park. The studio address is 1834 W. North Avenue, Chicago, IL 60622. Come out to support me and see where the magic happens! Sign up via Eb & flow's phone app, your mind body account, or contact the studio by phone number.

Saturday, August 25th @ 1:30pm (Yin Yoga)

<http://www.ebandflowyoga.com/class-schedule/>

Last updated: August 22nd, 2018