



**WEST COOK YMCA**  
255 S Marion St, Oak Park

# SPIRIT MIND BODY SERIES

Move. Breathe. Reflect with Anu & Bruce

## WHAT WE WILL EXPLORE:

Journaling, and why it matters for mental health and emotional balance

Creating a 21-day journaling challenge with prompts, guidance, and live Q&A

75 minutes of a yoga/squat mechanics experience to recharge your mind and body

## BENEFITS:

Greater Self-Awareness

Mental/Physical Well-Being

Enhanced Focus

## WHO SHOULD ATTEND?

Introverts

Healthy Aging Seniors

Busy Adults

Reflective Individuals

**SATURDAY FEB 28<sup>TH</sup> 11:30 AM – 1:30 PM**

**\$25 for Members \$40 for Non-Members**

## MEET YOUR INSTRUCTORS

### BRUCE FERGUSON

Bruce is a health and wellness professional with over 20 years of experience, working with diverse groups from those with chronic illnesses to competitive athletes. He emphasizes that focusing on all aspects of health and well-being results in positive outcomes.

### ANU KANOTRA

Founder of Yoga for Introverts and creator of America Needs Yoga. Anu blends traditional Hatha yoga breath-centered movement, curated music, and intentional silence to help students slow down and reconnect with themselves.

