

Lakeview Pantry Young Leaders Board

Yoga Sunday Funday

Lakeview Pantry is excited to welcome everyone to their new distribution facility, The Hub, for Yoga and Happy Hour! Come get your zen on with a hour of relaxing yoga practice with instructor Alex Sabbag and support a great cause!

Sunday, September 22, 2019

10:00am - 12:30pm

The Hub: 5151 N. Ravenswood Ave.

Chicago, IL 60640

General Admission: \$30 (Includes 2 drink tickets)

VIP Admission: \$40 (Includes 2 drink tickets, Lakeview Pantry water bottle and towel, & choice of mat placement)

BYO-Yoga Mat or Rent one for \$5

**GET YOUR
TICKETS NOW!**

[HTTPS://YOGASUNDAYFUNDAY.EVENTBRITE.COM](https://yogasundayfunday.eventbrite.com)

Meet our instructor, Alex Sabbag!

For nearly 20 years Alex has explored a fickle relationship with yoga chalked full of frustration by the inability to contort her long body into pretzel-like shapes or touch her toes. It wasn't until completing the Chicago Marathon that Alex decided to give her joints a rest and offer yoga the lead role in her ever-evolving fitness routine.

Alex believes yoga is a personal journey that has the power to heal and transform our lives. Alex's classes are rooted in vinyasa, each flow encouraging students to tap into breath to confront challenges with ease and meet anxieties with grace.

Learn more about Alex and her Yoga practice at alexandrasabbag.com!

