

Yoga

For this yoga class, we will be focusing on movements to move the body through all the ranges of motion to help improve mobility and strength. We will also be focusing on breathing and meditation to alleviate tension and stress as we flow through our yoga practice.

No prior yoga experience is necessary and plenty of modifications will be given. This practice can be done in a chair or on a yoga mat and is open to all who want to share the beautiful practice of yoga and positive energy.

Time: 12:30 p.m. till 1:30 p.m.

Dates: Wednesdays

April 7

April 14

April 21

April 28



Class fee: Residents: - \$24.00

Non-Residents - \$26.00

Location: Orland Chateau , 14500 S. LaGrange , Orland Park, IL 60462

Must Pre-Register at Orland Township

Meet Yoga Instructor Melissa Gall

Melissa started her yoga journey 14 years ago after gaining 85 pounds with her pregnancy. At first, she only practiced yoga for the physical benefits but shortly found the mental and emotional benefits of yoga as well. She felt that there was more than what she was being taught in class, so she enrolled in her first 200-hour yoga teacher training where she learned more about the history and philosophy of yoga.

Today, Melissa is an E-RYT 500 yoga teacher with the Yoga Alliance and has over 500 hours of training in yoga as well as over 3000 hours of teaching yoga. She holds many certificates in specialty yoga such as senior yoga, restorative yoga, meditation, yoga for PTSD, yoga for back health, and breathing techniques. She is currently an adjunct faculty member at Moraine Valley Community College teaching yoga for the physical education department as well as teaching yoga for the Tinley Park Park District and at a studio in Mokena.

Melissa has been a featured yoga teacher in Yoga Journal Magazine as well as a featured meditation teacher on the meditation app Insight Timer and like to share her love and knowledge of yoga with everyone. She feels that yoga should be accessible for everyone and teaches her classes as such.

