Saturdays at 8am

Yoga Stretch



Experience a slower-paced, gentle yoga practice. We will focus on improving mobility, flexibility and a calm focused mind. Gentle movements and mindful transitions to release tension in the hips, spine and shoulders and create space for deeper breathing. Yoga has been found to noticeably reduced anxiety and depression. Improve your mental, emotional and physical health. Beginners welcome, appropriate for all fitness levels.



Jill Shea, RYT200

Jill Shea began practicing yoga in 2017 to help heal from exhaustion and a serious health issue. Yoga soon brought moments of inner peace, vitality and unlocked the tension in her body. After 5 years of practice and rebuilding her health, she felt ready to guide others. Jill's classes are a blend of gentle movement, improving flexibility, mobility, and relieving stress and anxiety. You can expect clear cues and a friendly, peaceful place to unwind. Jill's classes are suitable for beginners to advanced practitioners. Jill is a registered yoga teacher 200 hour with Yoga Alliance, certified Stretch Coach with YOGABODY and certified in Group Exercise with the American Council on Exercise. She has been teaching a variety of Hatha, Yin, Chair yoga classes and flexibility training since 2022 in the Chicago suburbs and recently moved to Quail Creek.