



Week of Donation for CURE SMA

A collaboration between
InnerJasmine,
CorePower Yoga Suburban Studios and
Revival Yoga Wellness Studio.



MONDAY • AUGUST 21ST • 9AM

At Garden of Yoga, LaGrange

90 min Gentile Yoga & Meditation *with Katya*

MONDAY • AUGUST 21ST • 7PM

At Revival Yoga Studio, Palos Heights

60 min Vinyasa Flow

WEDNESDAY • AUGUST 23RD • 9AM

At Garden of Yoga, LaGrange

90 min Kati Flow *with Katya*

FRIDAY • AUGUST 25TH • 9:30AM

All Suburban CorePower Studios Hosting
One Donation Based Class

At CorePower, Hinsdale

60 min C2 *with Katya*

SATURDAY • AUGUST 26TH • 10:30AM

At Revival Yoga Studio, Palos Heights

75 min Yoga Sculpt *with Heather*

TUESDAY • AUGUST 29TH • 6PM

At CorePower, SouthLoop

C2 *with Katya*

August is SMA (Spinal Muscular Atrophy) Awareness Month

SMA is a disease that robs people of physical strength by affecting the motor nerve cells in the spinal cord, taking away the ability to walk, eat, or breathe. It is the number one genetic cause of death for infants.

A little over a year ago, I became personally connected to building awareness for this diagnosis as a childhood friend of mine's 6 month old daughter, Alexandria, was diagnosed. Within minutes, their world was turned upside down. Since then, they have become advocates for developing awareness about SMA and helping fundraise for the Cure SMA organization.

Cure SMA is dedicated to the treatment and cure of spinal muscular atrophy (SMA). They fund groundbreaking research and provide families the support they need for today. <http://www.curesma.org/about/> One of those treatments is what has brought Alexandria through to her 18th month.