

BEGINNER'S YOGA

Fall 2015 Session

This class integrates the whole body and provides a deepened sense of well-being. Movements focus on body, mind, breathing and posture to improve circulation, flexibility & focus.

MONDAY & WEDNESDAY

from 6:30-7:30 pm

Fall Session

September 28th-December 9th

\$6.00 drop in/ per person OR
Purchase a 6-class punch card for \$30!

Register now at the Community Center
Call (586) 727-3064 for more information

If you have your own yoga mat, please bring it to class.
There are a limited amount of mats available at the class for those who do not have one.

It is requested that participants refrain from eating 2 hours prior to class
and avoid wearing heavy colognes or perfumes.

NOTE:

WINTER WEATHER REMINDER:

If school is cancelled in the Richmond School district, there is NO Yoga