

BEGINNER'S YOGA

UPCOMING FOR AUGUST

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.

WEDNESDAYS

from 5:30-6:30 pm

The whole month of August on Wednesday's

August 4, 11, 18 and 25

\$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.

Fall Classes will begin on Monday, September 27th