

Yoga: Beginning & Continuing

Tuesdays, 2:00 - 3:30 in the Centennial Farm Activity Room

Learn to relax & stretch out stress...as you practice this 5,000 year old science from India. Classes include postures for all levels, breathing practices, and relaxation techniques. Our postures gently work muscles, joints, , respiratory, elimination, & circulatory systems, as well as massages organs & glands. All this and even more !

Please wear loose, comfortable clothing & bring a mat, strap (or old tie), water bottle & a FIRM blanket.

Instructor: Patti Nevin

Fee: \$50

Session #3: Jan. 9 – Feb. 13

Session #4: March 6 – April 17 (no class April 3rd = Easter Week)

Session #5: April 24 – May 29

Sorry: No Drop-ins



Register online at grosseilrecreation.com

Or call 734-675-2364 for more information