

# Yoga Space



*Focus Class* April 8, 1:00 - 3:00 pm

## Yoga for Gardeners

*Grow With The Flow*

*Sunday, April 8*

Preparation for gardening requires attention to backs, shoulders, wrists, knees and legs. During this workshop with Pam Lindberg you'll learn:

- A sequence of yoga poses that help strengthen and prepare the body for gardening
- Yoga poses to do in the garden
- Recovery poses for after gardening

Register online:

[www.yogaspacenn Arbor.com](http://www.yogaspacenn Arbor.com) or mail in a check with the class name, your address, email and phone.

Pre-registration is necessary by March 31, minimum 6.

Sunday, April 8 1:00 - 3:00 pm

Pam Lindberg \$ 35

### Fees

Go to [www.yogaspacenn Arbor.com](http://www.yogaspacenn Arbor.com) to register

### Checks and Cash

You may mail in a check payable to The Yoga Space with your name, address, email, phone and the class name.

Please allow 5 business days for delivery, registrations should arrive by March 31. No discounts.

Yoga for Gardeners: \$35

### Credit

Or you may register online at

[www.yogaspacenn Arbor.com](http://www.yogaspacenn Arbor.com)

\$3.00 convenience fee added for credit cards

The Yoga Space, 180 Little Lake Dr #1, Ann Arbor, MI 48103



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