

# Yoga Space



*Focus Class* June 3, 2:00 - 4:00 pm

## Foundational Standing Poses

Stability and Balance  
Sunday, June 3

Standing poses help develop stamina, strength, flexibility, lightness and balance. This workshop will explore basic standing poses that will help the body become strong and stable.

Register online:

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

Pre-registration is necessary by May 25, minimum 6.

Sunday, June 3

2:00 - 4:00 pm

Susan Bellinson

\$ 40

### Fees

Go to [www.yogaspacennarbor.com](http://www.yogaspacennarbor.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 May 25. No discounts.

Foundational Standing Poses: \$40

### Credit

Or you may register online at [www.yogaspacennarbor.com](http://www.yogaspacennarbor.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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