

Yoga Space



Focus Class September 30, 1:00 - 3:00 pm

Yoga For Runners

Sunday

September 30, 1:00 - 3:00 pm

This class includes a sequence of poses that focuses on the main muscles involved in running. This can be an important way to improve muscle health and joint mobility. Regularly practicing these poses can help to prevent injuries and combat the stiffness that often results from running.

Register online:

www.yogaspacennarbor.com or mail in a check with the class name, your address, email and phone.

Pre-registration is necessary by September 21, minimum 6 participants.

Sunday, September 30 1:00 - 3:00 pm

Pam Lindberg \$ 35

Fees

Go to 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 September 21.

Yoga For Runners: \$35

Credit

Or you may register online at 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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734-622-9600