

# Yoga Space



*Focus Class* November 17, 5:00 - 6:30 pm

## Restorative Yoga

**Sunday, November 17**

This class will feature a sequence of yoga poses that will help rest and rejuvenate you. Yoga is not always about strength and flexibility it also has the power to bolster your well being by softening and opening tense areas, stimulating circulation and creating a feeling of contentment. Doing restorative poses regularly is an important part of a yoga practice because they balance out the more strenuous aspects of a regular routine. Six months of Iyengar yoga experience required.

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 November 1, minimum 6 & limited to 12 participants.

Sunday November 17 5:00 - 6:30 pm

Pam Lindberg \$25

### 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 November 1.

Restorative Class: \$25

### 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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