

Yoga Space



Focus Class October 6, 1:30 - 3:30 pm

Focus On Legs

Learn how to stand on your own two feet

Yoga helps with pain and avoiding pains which happen when our legs don't support our body well. Feet, knees, hips and back need to work together in poses to bring strength and freedom into yoga practice and daily life.

This class is for anyone who feels that their yoga practice will benefit from going deeper into how to work their legs safely.

Pre-registration is necessary 1 week prior to class, minimum 6 & limited to 15 participants.

Sunday October 6, November 3, December 1
1:30 - 3:30 pm Sally

\$35/per class, discounts when signing up for multiple classes at one time.

Oct 6: Feet and lower legs

Nov 3: Knees and Thighs

Dec 1: Legs and Hips

See website for class descriptions.

Register online:

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

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 one week prior to class.

Focus On Legs: \$35/1 class, \$55/2 classes, \$75/3 class

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