

Yoga Space



Bring an interest in learning about yourself and experimenting!

Fees

Freedom for Shoulders and Upper Back: \$15

You may register **online** at yogaspaceann Arbor.com

OR

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 to arrive by August 19. The Yoga Space, 180 Little Lake Dr #1, Ann Arbor, MI 48103



Focus Class

Single class that focuses in depth on a single topic

Freedom for Shoulders and Upper Back

With Sue Salaniuk

Monday, August 24

9:30 - 11:30 am

Shoulder stiffness and upper back aches can occur at any time

- * Poor Posture
- * Repetitive Movement
- * Computer Time
- * Injuries

Can make for stiffness, restricted movement and pain.

Yoga can help. This class will cover some basic principles and some poses that help move and open the shoulders and upper back. Over time these can relieve tension and pain and make it easier to go about daily activities.

No yoga experience is necessary for this class.

See the website for suggestions for props to have on hand.

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180 Little Lake Dr #1

Ann Arbor, MI 48103

www.yogaspaceann Arbor.com

734-622-9600