

Yoga Space



Bring an interest in learning about yourself and experimenting.

Fees

Relax and Renew: \$15

You may register **online** at yogaspacennarbor.com
The Yoga Space, 180 Little Lake Dr #1, Ann Arbor, MI 48103



Focus Class

Single class that focuses in depth on a single topic

Relax and Renew

With Sue Salaniuk

Saturday, November 14

9:30 - 11:00 am

We all live with a lot of tension and pressure, no matter whether you are working, retired, have a family to care for or are taking care of someone who is ill.

Take 90 minutes for yourself to let it go, nourish yourself replenish.

Quiet breath work will be included.

No yoga experience is necessary for this class.
Pre-registration is necessary by November 13.

Yoga Space

180 Little Lake Dr #1

Ann Arbor, MI 48103

www.yogaspacennarbor.com

734-622-9600