



Fall Yoga Day Nov. 4th

**St Davids Episcopal Church at
16200 W 12 Mile Rd
Southfield.MI 48076**

**5 CLASSES / 5 GREAT
TEACHERS**

Yoga for our Bones

Yoga & Massage

Not Your Grandma's ChairYoga

Introduction to Yin Yoga

Slow Flow/Gentle Yoga

*Ellie Howard
Charles Baber
Lynda Herman
Char Vukonich
Lisa Martinez*