

Fall Yoga Day Saturday Nov 7th

St Davids Episcopal Church
16200 W 12 Mile Southfield,MI.48076

9:15 a.m Yoga for Your Bones with Ellie Howard

10:45 a.m. Yoga for Healthy Aging with Nancy Kozak

1:30 p.m Balance with Sharon Holcomb

3:00 p.m Sound Meditation and Chakra Cleansing with Dawn Tucker
Classes are approximately 1 hr 15 min

Merchandise: *Cash, check, electronic payments such as Venmo , PayPal, Zelle. No credit cards will be accepted.*

$17 per class/$65 for the day
www.yagd.org
Plese bring mat, blocks,& yoga belt