

# 4-Week Labor Day Yoga Session



4-week Session

**Added Session:** Aug 27th—Sept 17th

Tues Mornings 9:30-10:30am

- Appropriate for ages 13 - adult, beg/inter level
- Develop Strength, Flexibility and Peace of Mind
- Learn Yoga Postures in a supportive environment

*Wear loose-fitting clothing / bare feet  
Yoga mat is suggested*

**Cost: \$32.00**

A flow based yoga class suitable to all levels. We will build on our practice each week to help you increase strength and flexibility. Modifications are always taught so that the class can accommodate people new to yoga along with those with an established yoga practice. Never feel intimidated to start, we offer a comfortable environment so anyone can come and experience the benefits of yoga!

**Register today to reserve your spot in class!**



Central City Dance Center  
6700 Canton Center Rd. Canton  
**734-459-0400**