

Yoga at Homecoming!

Relax with Healthy Dearborn! Stretch it out at the Yoga Tent!

(Bring your own mat)

Friday Classes:

Noon-1 p.m. Shala Flow Class, Yoga Shala and Wellness Center
Instructors.

2-5 p.m. Chair Massage with Patty Zwiers, Certified Massage
Therapist, Sattva Yoga Center.

3:30-4:30 p.m. All Levels Yoga class by Sattva Yoga Center

Saturday Classes:

9:30-10:30 p.m. All Levels Yoga Class by Sattva Yoga Center

11 a.m.-Noon Intro To Yoga by Sattva Yoga Center

Noon-1 p.m. Shala Flow Yoga Class, Yoga Shala and Wellness Center
Instructors

2-3 p.m. All Levels Yoga Class, by Sattva Yoga Center

3:30-4:45 p.m. Intermediate Yoga Class, by Sattva Yoga Center

Sunday Classes:

10 a.m.-Noon Chair Massage with Patty Zwiers, certified massage
therapist, Sattva Yoga Center.

2-2:30 p.m. Kids Yoga with Jamie Garrison, Yoga Shala and Wellness
Center