

GENTLE YOGA



Relaxation

Peace

Balance

Strength

Registered Yoga Instructor - Dianna Kinaschuk

Beginners Welcome!

**Date: Every Thursday
November 17, 2016 thru
January 19, 2017**

**NO CLASS ON:
November 24th, 2016
December 29th, 2016**

Time: 9:30 a.m. - 10:30 a.m.

**Location: Canfield Center
1801 N. Beech Daly
Dearborn Heights**

**Cost: 8 Week Session
\$48 Resident
\$56 Non-Resident**

A calming, therapeutic class designed for Beginners, Seniors, Pregnant Women, those recovering from injuries and those with limited flexibility and mobility. The instructor will adapt poses to suit individual needs. Instructor, Dianna Kinaschuk has taught Hatha Yoga for 32 years to students of all ages with a wide range of abilities.

Things you will need:

**Exercise Mat
Comfortable Clothing
Water**

Please register at the Canfield Community Center located at
1801 N. Beech Daly, Dearborn Heights, 48127.
For more information please call us at (313) 791-3600.



As a Courtesy to other participants, please no fragrances.

