

GENTLE YOGA



Relaxation

Peace

Balance

Strength

Registered Yoga Instructor - Dianna Kinaschuk

Beginners Welcome!

Date: Every Thursday

**November 16, 2017 thru
January 25, 2018**

**No class on
Nov. 23-Thanksgiving**

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

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

**Cost: 10 Week Session
\$60 Resident
\$70 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 31 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.

