




PURNA YOGA ANN ARBOR

RAISHA IS A 500 HR CERTIFIED YOGA INSTRUCTOR

Classes begin October 12th:
Wednesday 6:30 – 8:00 pm
Friday 9:00 – 10:30 am
6-Week Session - \$75
Drop-in \$15/session
Suitable to those new to Yoga

Location:  where meetings matter.

Go Where Meetings Matter

4735 Washtenaw Ave., Ann Arbor



**Looking for a yoga class that is safe?
Looking to learn skills to develop a yoga practice?**

This will be a 6-week workshop to teach the basics of yoga. We will methodically work through poses that strengthen the body, improve balance, flexibility and increase confidence.

For more info: www.purnayogaannarbor.com or Cell: 989-284-1042 or askraisha@yahoo.com