

Dearborn Recreation Department presents

YOGA



Basic Yoga for all Students

Feel the stresses of the day fade away as body, mind and breath come together. Consistent practice over time will release tensions in the muscles, calm your nerves, detoxify your blood stream, increase oxygen absorption, and improve respiration and circulation. Increase you overall health and well being as you learn basic postures designed for yoga students of all ages.

Instructor: Raluca Metea

Class Time: Monday, 7:45 pm-9 pm

Session I February 1-22

Session II March 1-29 Three week session, no class 3/15 and 3/22.

Session III April 5-26

Session IV May 3-24

Class Location: Ford Community & Performing Arts Center (Aerobic Studio)
1501 Michigan Avenue
Dearborn, MI 48126

Cost:

Passholder A	\$35 (4 week session)
Passholder B	\$44 (4 week session)
Resident	\$55 or \$14 per class
Non-Resident	\$69 or \$18 per class

(No Refunds after second scheduled class.)

Registration: Call 313-943-2350 or go on line at www.dearbornfordcenter.com