

Yoga on the Beach



with

Barb Badolati

Tuesdays, 6:00-7:15 p.m.

June 3-August 19

12 weeks

- Everyone is welcome - no yoga experience necessary.
 - Children ages 6-14 free with accompanied adult.
 - Bring a large blanket and a yoga or exercise mat.
- Inclement weather: class will be held on Wednesday.

Location: Pere Marquette

Margaret Drake Elliott Park -

on the lawn nearest the Coast Guard Station

Cost: \$60 summer session or \$10/class

**Register with Barb at (616) 850-8807
or Visit www.ScheduleBarb.com**

What can YOGA do for me?

- ~ Improve Flexibility ~ Strengthen spine & muscles ~ Correct posture ~ Ease back pain ~
- ~ Create balance & grace ~ Sharpen concentration ~ Relieve stress & tension ~ Relax ~
- ~ Boost immune function ~ Increase body awareness ~ Fend off aging ~ Rejuvenate ~