

Almost FREE Classes

Tuesday, Sep. 5 and Saturday, Sep 9

A Benefit for Conservation Resource Alliance

CRA is a private, not-for-profit-501©(3) organization that restores and protects over 700 miles of rivers, 5000 miles of tributaries and diverse forests throughout 4 million acres in northwest lower Michigan. www.rivercare.org



Conservation
Resource Alliance

TUESDAY

- 7:30-8:30 am – Sunrise Flow
- 8:45-9:45 am – Intro to Yoga Flows
- 10-11 am – Yin Yoga
- 11:15-12:15 Pm – Beginning & Beyond
- 11:45-12:45 pm – Gentle Yoga
- 4-5 pm – Therapeutic Yoga
- 4-5 pm – All Levels Yoga for Ages 8 & older
- 5:15-6:15 pm – Beginning Yoga
- 5:30-6:30 pm – Beginning & Beyond
- 7-8 pm – Intro to Kundalini

SATURDAY

- 7:30-8:30 am – Sunrise Flow
- 9:15-10:15 am – Beginning Yoga
- 9:30-10:30 am – Beginning & Beyond
- 10:45-11:45 am – Yin Yoga
- 11:45-12:45 pm – Slow Flow Yoga

Fee: \$10/one class \$15/2 classes \$20/3 classes

Wear comfortable clothing suitable for movement and plan to be in bare feet.
Bring a mat if you like and feel free to bring friends. All props are provided, including mats.

Yoga for Health Education, Center for Conscious Living
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