



GENTLE YOGA FOR EVERYONE

FIND SELF-CARE WITH YOGA

TUESDAY Mornings 11-Noon

Weekly Sessions begin 5/9/23

Get onto your yoga mat or work in and with a chair.

Explore stretching, strengthening and balancing at your own pace.

FRIENDS ARE ALWAYS WELCOME

Sessions taught by Karen Lutz E-RYT

LOCATION: CONGREGATION for HUMANISTIC JUDAISM

28611 W. 12 Mile Rd. Farmington Hills, MI 48334

Please contact Karen for more information:

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